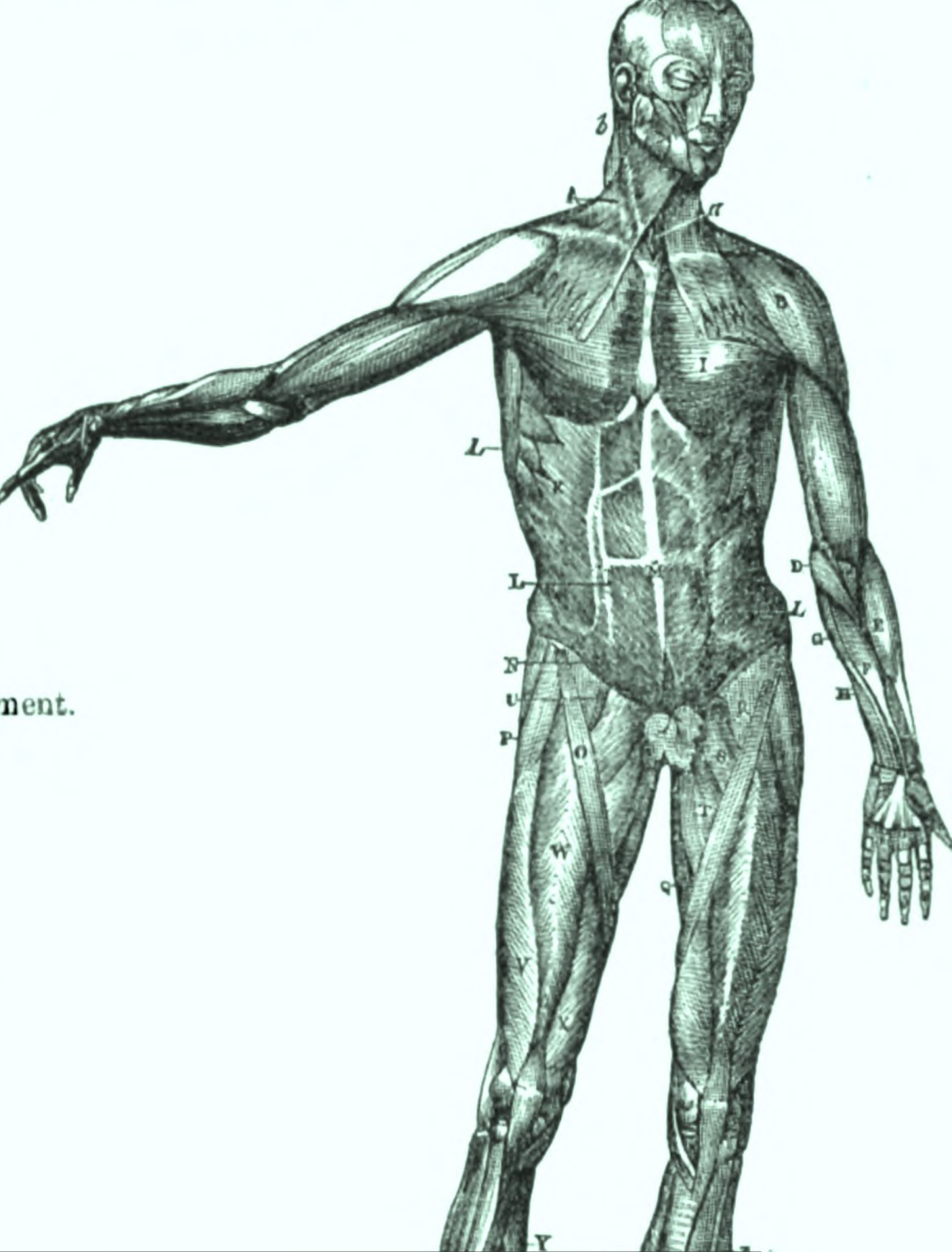

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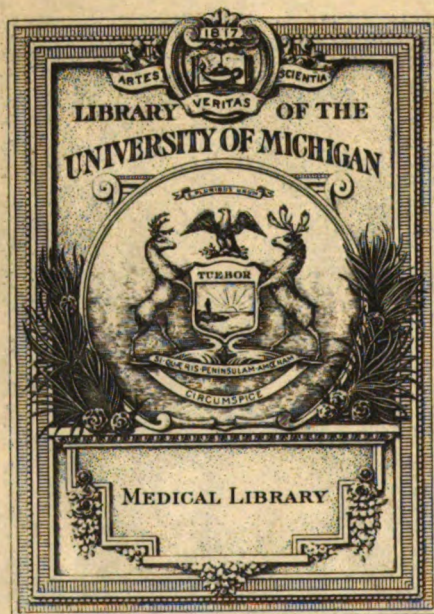




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Water-cure Journal

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THE
WATER-CURE JOURNAL,
AND
HERALD OF REFORMS.

OBJECTS.

THIS JOURNAL IS DEVOTED TO THE PHILOSOPHY AND PRACTICE OF HYDROPHETHY; EMBRACING
THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR
APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO THE VARIOUS
DISEASES BY WHICH WE ARE AFFLICTED.

VOLUMES IX. AND X.

New-York:
FOWLERS AND WELLS, PUBLISHERS,
CLINTON HALL, 131 NASSAU STREET.

1850.

THE WATER-CURE has been tried, *tested*, PROVED, and ESTABLISHED, as firmly and as everlastingly as TRUTH.

THE QUACKING of all the old-fashioned doctors in the universe cannot stay its progress, any more than a spider's web can stay the mighty cataract of Niagara, or prevent it from becoming THE UNIVERSAL REMEDY for all ordinary cases of disease.

THE WATER-CURE, as a general thing, is safe, harmless, and capable of being used by EVERY FAMILY at "Home," *whenever* and WHEREVER *any* remedy is necessary.

IN VIEW of these FACTS, we ask, "Is it not the DUTY of all who have been BENEFITED by this GREAT, yet simple SYSTEM, to recommend it to their friends and neighbors?"

WITH CONFIDENCE, THEN, do we appeal to THOSE who would rescue mankind from the jaws of a premature grave, by placing in their hands the means of preserving HEALTH and prolonging LIFE; and for this purpose we tender THE WATER-CURE JOURNAL FOR 1861.

IS IT NOT MORE GLORIOUS to labor in a GOOD CAUSE like this, and to save from early death those we love and venerate, than to submit to the vile quackery and wickedness of the thousands of *slop* and *pill doctors* who invest every town?

IN SHORT, is it not the IMPERATIVE DUTY of all good citizens to abate these medical nuisances, and introduce in their stead that which will not only save their pockets but also their BODIES? All this may be done by placing the WATER-CURE JOURNAL in the hands of EVERY FAMILY.

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THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

THE body is the house of the soul, and so as properly to sustain that relation is formed capable of movement, and is both self-propelling and self-sustaining. Like other houses, a framework is required to support it; and this in man is composed of 246 bones, divided as follows:—

Skull, 8; apparatus for hearing, 6; face, 14; teeth, 32; spine, 24; hip bone, 1; coccyx (or cuckoo) bone, 1; tongue bone, 1; breast bone, 1; ribs, 24; upper extremities (arms, &c.), 64; lower extremities (legs, &c.), 62; sesamoid bones (kneepans, &c.), 8.—Total, 246 bones.

There are three kinds of bones:—long, flat, and irregular. The *long* bones are found mainly in the legs and arms; they are hollow, and thus not only serve as depositories of nutriment for the system, in time of need, but are also much stronger with the same quantity of material, than they could be made in any other way; a principle well understood by engineers, who cast hollow pillars and shafts to gain greater strength without increased expense. The *flat* bones are mostly used to inclose cavities; to this class belong those of the skull. The *irregular* bones are those not included among the long and flat ones. As bones are living parts, they require to be furnished with blood-vessels, for the passage

of which, and also of nerves, canals are formed. They have also ridges and projections on them for the attachment of muscles.

The skull is composed of eight bones. The Os Frontis, A, frontal or forehead bone, bears some resemblance in shape to the undervalue of a scallop shell. It is situated in the front of the head, and assists in forming the roof of the orbits and nose.

The Ossa Parietalis, B B, or side bones, are somewhat square in their shape, and form by their junction most of the superior arch of the skull. They are named from a Latin word, meaning a wall, because they defend the brain like walls. PL. IV.

The Os Temporum, C C, or temporal bone, is so named from the Latin, signifying time, because the hair turns gray sooner on this part than elsewhere.

It is situated at the side and base of the skull, and is divided into three portions, one of which, the Mastoid (named from its resemblance to a nipple,) is shown at a a, plate IV.

The Os Occipitis, H, forms the occipital, or back and lower portion of the brain case; it is through a large hole in this that the spinal marrow passes down into the spine, or chain of vertebrae. Plate IV.

The Os Jugale, E E, or

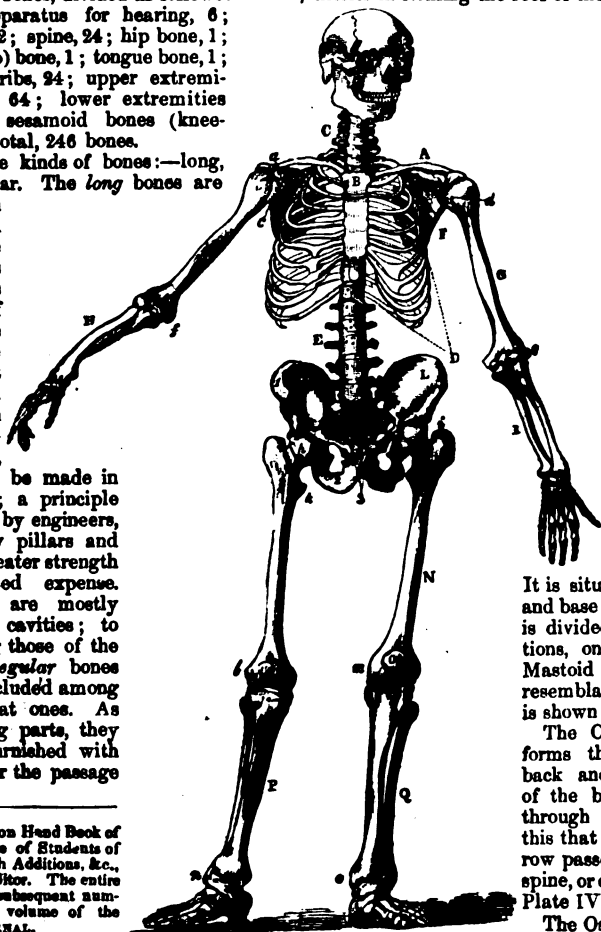


PLATE I.

* From the London Hand Book of Anatomy, for the use of Students of the Fine Arts. With Additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

cheek bones, are so called from resembling a yoke; they help to form the orbit. Plate IV.

The Maxilla Superior, F F, or up-

per jaw bones, form the greater portion of the face. The lower and front portions have a kind of sweep, in which are inserted the alveoli, or sockets for the teeth. Plate IV.

The Maxilla Inferior, G G, or lower jaw bones, is shaped like a horse-shoe, and, as everybody knows, has various important offices to perform besides supporting the lower teeth. Plate IV.

The Os Nasi, I, forms both the bridge and base of the nose. Plate IV.

The Clavicle, A, or collar bone, was so called from its resemblance to an ancient key. It is placed at the root of the neck and upper part of the breast, extending across from the tip of the shoulder to the upper part of the sternum. It forms an arch supporting the shoulders, and preventing them from falling forward upon the breast, and making the hands strong antagonists to each other, which, without this steadying, they could not have been. Plate I.

The sternum, B, or breast bone, is some seven inches long. Besides serving as the origin of several muscles, and other important uses, it defends the heart and lungs, and Hooper remarks that it is an observable fact, that a similar bone is found in almost all animals that have lungs,

even in such as have no ribs, as in the frog. In it the seven true ribs are inserted. Plate I.

The Spine is the central column of the human house; it rests on the hip and thigh bones, and supports the entire upper portion of the body, and through its centre the spinal marrow passes. It is composed of small bones called vertebrae, from a Latin word, meaning to turn. Each vertebra has seven distinct projections for the attachment of muscles; between each is a layer of cartilaginous substance, bearing in its nature a resemblance to cork. The layers may be distinctly seen in the engravings. They are divided from their location into three classes. The Cervical, C, or those of the neck, seven in number. Plates I and II. The Dorsal, D, or those of the back, twelve in number. Plate II. And the Lumbar, E, those of the loins. Plates I and II.

D, Plate I, shows the five false ribs, so called because they float loosely, as it were, being only connected by cartilages with each other and the sternum.

F is the Scapula, or shoulder blade, Plates I, II, and III. This bone is triangular in its form, and placed somewhat like a buckler to the side and back portion of the chest, occupying the space from the second to the fifth rib. Its offices are very numerous and important. Its Coracoid process, *a*, Plate I, is so named from its resemblance to the beak of a bird; *b*, Plate II, shows a flattened projection, forming the top of the shoulder, called the Acromion; *c*, Plate II, shows its spine; and *f*, Plate III, its base.

G is the humerus, or arm bone, Plates I, II, and III; *c*, shows its head; *d*, a Sulcus, or furrow, through which one of the heads of the biceps (muscle) passes; *e*, outer Condyle, or projection from which arise the muscles that extend the wrist and fingers; *f*, inner Condyle, from which arise the muscles that bend the wrist and fingers. Plate I.

H, I, Plates I, II, III, shows the bones of the fore-arm; H, the Radius; and I, the Ulna. The Olecranon process, *i*, Plate III, of the Ulna, forms the point of the elbow.

The Pelvis is that cavity embraced by the hips. In the adult it is formed by four bones,—the Os Sacrum behind, the Ossa Innominata on either side, and the Os Coccygis below. K, the Os Sacrum, Plates I, II, III, or sacred bone, is of a triangular shape, with the base downward, ending in the Os Coccygis, or cuckoo-shaped bone, *k*, Plates II, III; it takes its name from having been the part anciently offered in sacrifice. L, the Os Innominatum, Plates I, II, III, is a large bone of an irregular shape, originally composed of three others, which, growing together, left it without a name, hence the term given it. Those in Plate I are the Ilium, 1; Ischium, 2; and Pubis, 3. In Plates II and III, L is the Ilium, and M the Ischium. *g*, in Plate III, shows the spine of the Ilium, and *h* the Pubis.

(To be continued.)

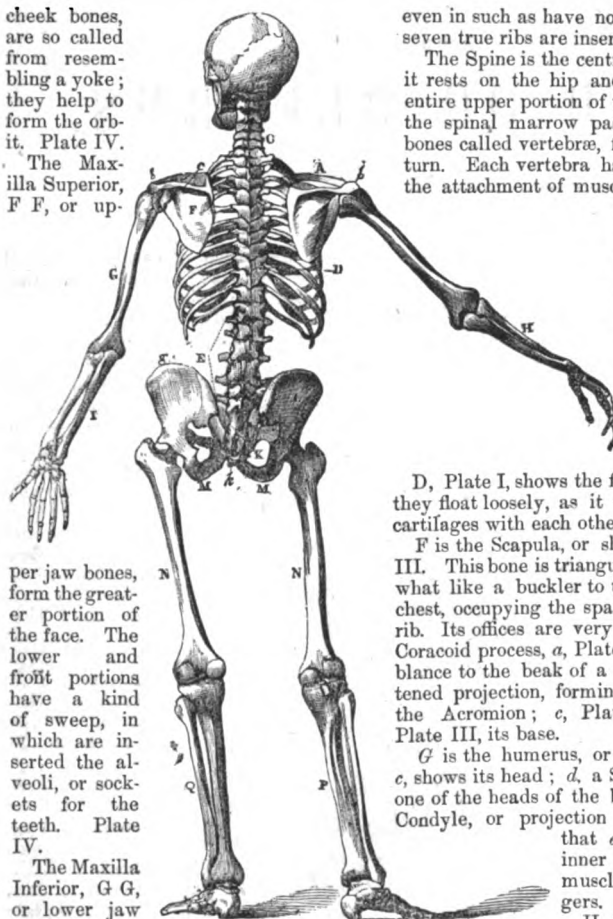


PLATE II.

THE TWO PICTURES; OR,

HYDROPATHIC QUACKERY AND ALLOPATHIC QUACKERY.

BY R. T. TRALL, M. D.

LOOK ON THAT PICTURE.—Almost every regular medical journal we open contains an account of some death or deaths, produced by carelessness, mal-administration, or necessary consequence in the use of some regular drug. The daily newspapers, too, frequently mention other similar cases. These accidents or incidents are too common to excite special remark in any quarter. They are generally regarded as natural exigencies of the healing art, according to orthodox science. Newspapers tell of them because they are news; medical journals record them because they are facts of their science. Of course there is no quackery about them. But let any body die after having used the wet sheets, no matter under what circumstances, and lo, down pounce the savans of the old school upon doomed hydropathy, like vultures upon a dying lamb. For more than twenty years the faculty has been uttering its loud and strong predictions that murder, "most cold, shivering, and unnatural," would sooner or later result from the water-cure. Yet, with all its argus-eyed observations, it has not, to this day, been able to record a single one; no, not one. At this we wonder as much as any regular can; for surely, with all the unauthorized dabbling with the water appliances extant, occasional deaths from mismanagement are just what all persons may reasonably expect. We come to the conclusion, therefore, that hydropathic quackery, though just as empirical, is not quite so dangerous as allopathic quackery. And we intend to show in this article that hydropathic quackery, even in the hands of the illiterate, is not as dangerous as allopathic quackery is, even in the hands of its most learned professors.

The last number of the "London Lancet" gives us the circumstances of a case under the following flaming capitals: HYDROPATHIC QUACKERY.—ALLEGED DEATH FROM THE IMPRUDENT APPLICATION OF COLD WATER.—INQUEST AND VERDICT.

The substance of the whole story is this:—Mrs. Dinah Toothil, aged 24 years, sickened with typhus fever on Monday, June 4th, 1849. A man called Paul Sugden attended her until Tuesday, June 12. She then got alarmed and sent for John Mulligan, a regular surgeon, who attended her until Sunday, the 17th, when she died. The treatment by this Paul Sugden consisted of a most bungling, rough, and brutal application of wet sheets, dry blankets, cold ablutions, wash-downs, &c. &c., attended at times with considerable outdoor exercise. On the second day of her sickness, the woman went out and took tea with a neighbor. There was nothing like prudence or common sense exercised by the patient or her hydropathic quack. At the end of eight days the patient, "growing weaker," got alarmed and sent for Mr. Mulligan, who thenceforward took charge of her case. In six days from the time he began with her she died.

Now this dilemma has at least four horns. Did the patient die of typhus fever? of hydropathic quackery? of allopathic practice? or of all together? Miserably wrong as was the management of Mr. Sugden, there is not a particle of evidence that it seriously endangered her life. "She grew weaker." This is all the unfavorable circumstance alleged; and this is a necessary yet not alarming consequence of all continued fevers. The patient always grows weaker until the fever entirely subsides. Moreover, on Sunday, the 10th, Mr. Turner, a regularly educated surgeon as well as hydropathic practitioner, called to see the patient; he saw no danger, and only directed the applications thereafter to consist of warm water instead of cold. On the Monday following, Mr. Turner repeated his visit, and still perceived no dangerous symptom. The next day, Tuesday, Surgeon Mulligan was called. Now what does he do! Alas, we know not. He simply says, on the coroner's inquest, "I attended her regularly, till last Sunday, when she died."

Now, can any person pretending to act rationally, give judgment as to what caused this woman's death, unless he knows what treatment Mr. Mulligan pursued? Every circumstance previously is detailed with tedious minuteness; but of his medication—oh, it was regular. Mr. Mulligan does not pretend that he discovered anything alarming or dangerous on his first visit. Her death, in his opinion, was owing to "inflammation of the coverings of the brain, the formation of serum, and consequent apoplexy, which conditions were induced by the imprudent application of cold water." This all *might* be true, and it might be erroneous. The jury, it seems, did not give unlimited credence to his opinion, for they rendered a verdict—"Died by the visitation of God."

We admit the quackery of this Mr. Sugden to the fullest extent charged. His management indicates an ignoramus and a numskull. But a person can endure a great deal of cold water quackery without dying, and until we learn something of what that regular treatment of Mr. Mulligan consisted in, we shall hold on to the fourth horn of the dilemma.

NOW LOOK ON THIS.—We will now examine the circumstances of a case of allopathic quackery. This particular case is selected because the patient was a talented allopathic physician; he was treated from first to last by distinguished allopathic physicians; the case is reported by an allopathic physician, and published in an allopathic periodical. It is therefore wholly and exclusively an allopathic affair, and not in any sense, or any part, a made-up story for effect. The particulars were communicated by A. C. Castle, M. D., of this city, to the Boston Medical and Surgical Journal of November 21st, from whose report I extract all that is essential to a correct judgment.

In his preliminary remarks, Dr. Castle quotes approvingly the motto adopted by Dr. Dixon on his "Scalpel," thus: "Nature is ever busy by the silent operation of her own forces, endeavoring

to overcome and cure disease. *Her medicines are air, food, water, sleep. Their use is directed by instinct.* And that man is most worthy the name of physician, who most reveres her unerring laws." Reader, mark well this sentiment. Commit it to memory; it will repay the trouble. We shall have occasion to revert to it again. Meanwhile we turn to Dr. Castle's report.

Dr. James Alexander Houston, aged thirty years, native of Ireland, of nervo-sanguineous temperament, and of lymphatic or strumous diathesis. He was what is termed "nervous," excitable, or irritable; upon the impulse of a moment's notice ready to perform the greatest action, or from a peculiar idiosyncrasy, shrink from it in terror. September 4th, 1849, at 4 o'clock A. M., he was seized with a violent fit of coughing, and ejected from the lungs about twenty-four ounces of blood. He had had a cough for several days before, the result of a cold contracted at Bath. Salt and water were administered by his family attendants to arrest the bleeding, and Dr. M. was immediately called.

Now we have the doctor confronting his patient. What healing balm, think you, he will propose? The only alarming circumstance is the loss of a large quantity of blood. What will the doctor do to stay the further waste of vitality? Will he bleed? Horrid thought! Yet it was so. Why did he bleed? No reason is given. The report says, "A vein in the arm was opened, and about twenty-four to thirty-two ounces of blood taken away. Laudanum, to sustain the action of the heart, was prescribed, in alternate doses every two hours, with tartar emetic and nitre, for modifying any probable undue excitement upon the arterial system."

Why this enormous bleeding? Twelve ounces make an ordinary, and sixteen ounces a full, and twenty ounces a large bleeding. Why this very large, this *butchering* waste of blood! Let us see if there is not a satisfactory reason. Perhaps he was in a high fever, full of active inflammation, abounding in surplus strength and excess of action, which required reducing. What says the report? "Dr. Houston's position appeared to be most critical. In addition to the loss of the twenty-four ounces of blood from pulmonary exudation, his system was collapsed; his face, hands, and skin cold, corrugated, pale, and of a peculiar *purple hue*." God pity that infatuation that can draw indications for bleeding from any of these symptoms! Maybe the previous habits of the patient will justify the measure. What were they? Dr. Castle tells us that for some time the patient had labored under a fearful presentiment that he would die on the 15th September, in consequence of which, and with a dread, too, of a cholera atmosphere, he had been living for pleasure, eating liberally and drinking freely, to overcome and dissipate away his feelings of horror and depression. These fears, and these habits, must of necessity have rapidly exhausted his vital energies, and if any consideration on earth could stamp the idea of bleeding, in his case with unutterable absurdity, it is this

very circumstance. Let us, then, go back further for a reason. Possibly his constitutional peculiarities demanded the bloody resort. Here Dr. Castle informs us that his constitution, in addition to being nervous and irritable, was decidedly *strumous*. This strumous diathesis means delicacy, frailty, feebleness of organization—the very last condition to require or tolerate reducing processes of any kind.

Still there may be something in theory, if there is nothing in fact, to call for bleeding. Let us go to the books. Here we find two principles, as they are called, upon which bleeding has been predicated, in cases *somewhat resembling* Dr. Houston's 1st. The theory of congestion. Some medical books in the world, and some medical men in New-York, have recommended bleeding in low typhus fevers, in the collapsed stage of cholera, &c., on the ground that congestion existed in the large deep-seated blood-vessels, which bleeding would *unload*. The theory is as absurd as the practice has proved unsuccessful. The greater the debility, the greater the congestion. Persons who have died from loss of blood have, according to allopathic authorities, exhibited all the symptoms of severe congestion of the brain. This argument, then, falls to the ground. The other is the principle of revulsion. It is said that by making a strong impression suddenly upon the body by abstracting blood, a train of morbid actions may be sometimes broken up, or the system rendered more susceptible to other impressions. To accomplish this, we are told, blood must be taken quickly from a large orifice, so as to produce the requisite impression, indicated by faintness, with as little loss of blood as possible. Dr. Houston was not a fit subject for this theory to work on, nor was he bled in this way at all. The bleeder only appeared to have in view the quantity taken—the *reducing* as much as possible.

Driven from every position we can think of in medical science, let us, lastly, go to our approved motto, and see what nature says about it. "Her medicines are *AIR, FOOD, WATER, SLEEP*." Should it not have been *bleeding, laudanum, tartar emetic, nitre*? But again, "their use is directed by instinct." Most truly has instinct taught all the tribes of animated nature to seek, in her own *materia medica* of "air, food, water, sleep," the means of preserving and restoring health; but has instinct taught any of them to bleed! We know of some animals who practice bleeding—the leech, for example—but their object is to feed themselves and kill their patients. We can hardly suppose any predacious animal, whose lance-pointed fangs penetrate our blood-vessels, "performs venesection" with the benevolent intention of healing our maladies! Nature and instinct, therefore, cannot help us out of our dilemma. Once more: "That man is most worthy the name of physician, who most reveres her unerring laws." Should it not be, "That man is the greatest doctor who most violates her laws!" We give up in despair. We can find no reason why the patient was bled so excessively; we can

discover no common sense in his being bled at all. But worse is to come.

We pass to the next proceeding. Laudanum is given to sustain the action of the heart. Why? Because it has been reduced by the bleeding; thus attempting to undo with one hand what the other has just done. Then, again, tartar emetic and nitre are given in alternate doses with the laudanum. Why? So as to keep down the action of the heart; thus introducing a third hand to undo the second, as the second counteracts the first. Here is a beautiful medley at work! A powerful bleeding to reduce arterial action; then doses of laudanum to stimulate it up again; then tartar emetic and nitre—two deadly, debilitating drugs—to prevent the opium from having the very effect it was given for! Not a solitary reason, save those above named, is assigned for this practice. From the reasons before us, the inference is strictly logical, that if no laudanum had been given, no tartar emetic and nitre would have been required; and if the bleeding had been let alone, no opium would have been necessary.

We have no account of any further prescription, or rather of any alteration in the medicine, save toast-water as a beverage, and a tea-spoonful of arrow-root occasionally, as a nourishment, for the next three days, nor are we informed how he was affected by the treatment on the second and third days. The report states, "On the night of the 7th, cough and bronchial discharge; about eight ounces of blood were expectorated. The old puncture in the arm was again opened, and from twelve to sixteen ounces of blood abstracted from the circulation." The only rule for bleeding I can trace out is that of opposition, or rather, perhaps, competition; to take from the arm from once and a half to twice as much as the patient loses from the lungs. If a man should cut his foot with an axe, and it should bleed three quarts, so that the patient become "*collapsed*," "*corru-gated*," "*cold*," and "*blue*," would it not be good practice to bleed him about four to six quarts from the arm?

Again the report skips to Sept. 11. It says then, "Pulse 125; tongue coated with a dark brown fur; skin feverish, with much thirst." The increasing pulse and blackening tongue denote, as all doctors ought to know, accumulating debility and exhaustion. Well, what will the doctors do now? The patient has had two copious bleedings from the disease; two over-copious bleedings from the doctors, and has been kept seven days on laudanum, tartar emetic, and nitre, all the while growing worse and worse. Of course we will see a change of measures.

Hear, O Hippocrates, Father of Medicine, and hide thy diminished head, O Paracelsus, Prince of Chemical Quacks, while we transcribe from the record, the next prescription, 135 "*laudanum, tartar emetic, and nitre, alternately every two hours*!" Now let us turn to the standard authors and learn what these agents are, which are adhered to so pertinaciously, notwithstanding their manifest killing effects. Of tartar emetic, the books say it is the most powerfully debilitating

drug known; an over-dose of a few grains has repeatedly destroyed life in a few hours. When given in smaller doses, it powerfully lowers the tone of the vital powers. Nitre is also one of the strongest reducing agents. In large doses its poisonous effects are well known. Many persons are so well aware of its deleterious properties, that they object to having a single ounce of it put into a whole barrel of salted beef. Of laudanum we need not speak particularly. Its power to kill pain and patients is often enough proved on coroners' inquest occasions. Now that we understand the intrinsic nature of these medicines, we will hear what Dr. Castle says of the obvious effects of this death-dealing prescription: "The administration of the laudanum was *always* followed by a moisture of the skin, with *continued thirst*. In the course of a half hour, *febrile symptoms would supervene*. Passed a restless night; complained of insects and reptiles being on the bed."

No wonder he thus complained. If he is not worse the next day, there is no potency in poisons. Harken to the story:—"Sept. 12. Pulse 140! tongue dry, and covered with a thick blackish-brown fur; eructations from the stomach, and ejections from the bowels of immense quantities of wind. Catching with the hands at imaginary objects in the air. Bowels costive." This relation means simply that the patient had taken a very long stride toward the grave in a very short time. Now the doctors will, they *must* alter their hand. Surely they will not, they cannot persist any longer in this blind, stubborn course of exhausting narcotics and deadly chemical poisons, when the patient is so unequivocally dying daily under their hands. Are they mad? The prescription of this day the reporter records in the following words: "LAUDANUM, TARTAR EMETIC, AND NITRE AS USUAL!" "As usual" has an unusual significance here, as we shall presently discover. We resume the report.

"Sept. 13th.—Symptoms the same; tongue furred as before; thirst, fever, restlessness," &c. One day more the dying process has gone on. Now, good doctors, you have stuck to the *laudanum, tartar emetic, and nitre* just nine days too long; but it is better, perhaps, to change the order of doctoring late than never. Matters begin to look dubious. We turn to the record again: "MEDICINES AS USUAL." How convenient this "as usual"! It saves the labor of writing out and repeating, "*laudanum, tartar emetic, and nitre*." At this stage of the proceedings "Dr. D. made a friendly visit, and was added to the council of physicians. Dr. D. proposed an *opposite* treatment to the one in force, and *after a few hours* it was *partially* adopted. A table-spoonful of brandy to the tumbler of iced water was allowed in place of the toast water." How could Dr. D. propose an opposite treatment unless he considered the one in force exactly wrong? We regret that Dr. D.'s advice was not adopted wholly at once, instead of only partially after several hours. As it was the patient improved considerably, for the report says: "6 P. M., more cheer-

ful, voice firm and strong; pulse 128; breathing free, with slight ronchus, &c. We shall feel relieved when we get through this empirical routine of laudanum, tartar emetic, and nitre. Any change may be for the better; it cannot possibly be worse.

We go from 6 P. M. to 8 P. M.—two hours. "Patient restless, a mustard poultice is applied over the stomach." I do not quite like this way of chafing and irritating the bodies of sick persons with pungent, smarting compounds, yet it is so much better than the caustic, corrosive, stupefying, bowel-rasping, stomach-killing, brain-disordering, blood-poisoning medley of *laudanum*, *tartar emetic*, and *nitre* we have heard so much about, so comparatively innocent, so indicative that a change has at last come over the spirit of those dreaming doctors, that I am, relatively, almost in love with it. I would rather be mustard-plastered all over than poisoned all through. But soft! what have we here! Merciful God! It is—it is the dreadful tale again. "8 P. M.—60 drops *laudanum*! 10 P. M.—*tartar emetic* and *nitre*! 12 o'clock—40 drops *laudanum*!" Verily we thought but a moment since to be rid of this "infernal machine;" but it comes back in double and treble doses. After pronouncing this prescription, the reporter gives us no further account of the patient's state during the night, excepting what is contained in this significant note, "imagination of reptiles." Any man, sick or well, who desires to have an imagination of reptiles in his brain, has only to take those huge doses of poisons into his stomach.

From this time forward the patient's symptoms, as in most cases of rapidly approaching dissolution, were exceedingly variable. On the 14th, at 1 o'clock A. M., just one hour from the last enormous dose of laudanum, the pulse was fluttering at 160; he was also in a state of lethargy and muttering delirium. A wine-glass of brandy with a few drops of tincture of cardamoms and ginger somewhat aroused him. At 4 P. M. an injection of castor oil was given; at 6 P. M. an active cathartic was administered. During the succeeding night the brandy mixture was repeated. All this time, be it observed, the *laudanum*, *tartar emetic*, and *nitre* were continued AS USUAL. Through the night, it is said, the patient complained of *poisonous* reptiles, to which we may add, "as usual."

On the 15th nothing is said of the treatment, save the now rather familiar remark, "MEDICINES AS USUAL," to which is added the quite needless memorandum, "passed a restless night."

On the 16th his lucid intervals were only momentary. We are now told for the first time that his fever partook of the *typhoid* character; but if there is any meaning in symptoms, it was typhoid from the start. Diluent drinks were discontinued. Beef steak and brandy were allowed; (strange food for a dying man!) In the afternoon he appeared better. At 7 P. M., he rallied considerably and became cheerful. At 11 P. M., he became restless, when the laudanum was again given; after which he became deliri-

ous, grasped the bed-clothes into heaps, and complained of the appearance of *hideous* monsters, &c.

On the 17th at 3 A. M., the patient was evidently sinking. A council of physicians was called at 8 A. M. We are not told of any further medication, save a blister to the abdomen; nor are we told of any change in the regular routine. The inference therefore is still, "*medicines as usual*." At 11 P. M., in a state of phrenitic excitement, he suddenly rose up in his bed, and made the most violent attacks upon his attendants, *uttering the most piercing exclamations!* It required physical force to retain him in his bed. 11½ o'clock, expired."

How unlike a *natural* death! How very like a death from slow poisons! Not so very slow, though; thirteen days were only required to do the work. Is there a physician in New York, sick or well, who dare submit to a similar treatment? For his life he dare not do it. Is it true that a nervous, feeble, irritable sick man, prostrated by over excitement, enervating habits, depressing fears, and loss of blood, can bear a power of reducing processes and agents which would effect *manslaughter* on a person of robust health! The idea is too preposterous for argument.

But let us pursue the case to the end. A *post-mortem* examination was made nineteen hours after death. From that examination not a single evidence is deduced that the man died of any recognized disease. The only abnormal condition to which any importance is attached as connected with his death, is what Dr. Castle calls, "*a drenched apoplexy of the lungs*." This is an awkward phrase; but it imports that there was an extensive effusion of serum—watery fluid, into the cellular texture and air-cells of the lungs. This, however, did not cause the death. It was merely in incident of death, resulting from the extreme relaxation of the exhalants in the act of dying. That such was the fact in Dr. Houston's case, we have, fortunately, positive evidence in the report itself. On the very day on which Dr. Houston died, a stethoscopic examination was made of the chest. The report says, "Auscultation denoted *no congestion*, except the prior congestion of the inferior portion of the left lobe of the left lung." If the lungs had been in a state of "*drenched apoplexy*" at this time, auscultation would have denoted *universal congestion*.

From any and every view I am able to take of this case, I am forced to the conclusion that Dr. Houston died of "*BLEEDING, LAUDANUM, TARTAR EMETIC, AND NITRE*." It is difficult to find anything necessarily fatal about his case, save the treatment; and had he been left to the unaided attentions of his own family circle, or the nursing resources of some intelligent "old granny," there is every reason to believe the *post-mortem* examination would not yet have taken place. Dr. Houston is not the only person of celebrity that the lancet and antimony have killed outright. I will mention in this connection only two other names—BYRON—WASHINGTON.

I cannot conclude this article without a word

of explanation. I charge no ignorance and impute no improper motives to Dr. Houston's medical attendants. I have no acquaintance with one of them. Doubtless they are intelligent in their way, and well-meaning in all ways. But their system I arraign. I accuse it of being unphilosophical and absurd. Its theories are the relics of the superstitions, hypotheses, and speculations of a crude and barbarous age, interwoven with many facts and discoveries of modern science, the whole making a system of strange inconsistencies and ever-recurring contradictions. Its errors are fundamental and beyond redemption. Its very foundation must be swept away before a *true* medical science can arise based upon simple, natural, and demonstrable principles.

ERRORS IN WATER-CURE.

BY MRS. M. S. GOVE NICHOLS.

It has been said that our mistakes educate us—an expensive education, but a vast deal better than none. Mistakes in Water-Cure have done much to educate persons who have practiced it without the requisite experience or instruction. To illustrate, I will give some notes of cases that have come under my care.

I have had a good many patients with inflammatory rheumatism. Several of these had heard of water-cure in rheumatism, and had applied it at random with little knowledge, and no experience. I have now an instance in my mind, where the patient was young and vigorous, and from over-exertion was seized with rheumatism of the knee. His knee was leeches and blistered, until the disease was complicated enough to get a new name from each new doctor, though the principal symptoms were high inflammatory action, severe pain, and great swelling. In this state, an allopathic physician advised the local use of cold water to subdue inflammation in the knee. This effect was produced during the application, but the cause was not removed, and when the cold weather came, the symptoms were all aggravated. In this condition of things he was first made aware of the fact that the only way to relieve his knee, and prevent the constant fluxional determination to the joint and its vessels, and capsules, was to secure a general action of the skin, by means of tonic wet sheets and sweating blankets, succeeded by cold baths, with much rubbing. This general increase of action in the skin, and tone in the nerves; is indispensable to recovery in cases of this kind. The first cause of the disease is exhaustion of the nervous energy. I have known the most terrible attack of inflammatory rheumatism to be induced by exposure to a cold storm, and the disease is much more likely to be induced by this cause, if the person exposed be advanced in years, or has from any cause a low state of vitality. The powers of the system are exhausted in resistance to the cold. The constricting effect of the cold upon the exhausted cutaneous nerves is often of the most alarmingly mischiev-

ous character. The obstruction of those excretions from the skin which are, or should be, passing off in continual transpiration, induces neuralgia and inflammation, and often results in the worst forms of inflammatory rheumatism. The local use of cold water, very cold, may for the time ease the inflammatory symptoms; but unless such a course of treatment is adopted as shall give tone to the nerves, and at the same time excite the action of the skin and throw off obstructions, it will be of little permanent good. Other treatment than this, and especially local treatment, and the use of very cold water, particularly with aged, or weak and delicate patients, will impede the action of the skin still further, and induce a crisis, either in the form of diarrhoea or ulcers, or boils. This result, which is hailed by many ignorant persons with joy, should be deprecated as a great evil, by every wise water-cure practitioner. I have seen frightful boils and ulcers induced in this disease, by unskillful water treatment, and called crisis. It is true that they evacuate hurtful matter from the system, and make a sort of vicarious atonement for the disabled cutaneous tissue. But how much better to restore the functions of the skin, and have all this bad matter thrown off in a natural, insensible, and painless manner, than to sustain the wear and tear of frightful boils and ulcers! I have seen large ulcers, which were called crises, and which had been caused by treating a case of inflammatory rheumatism in a patient of low vitality with excessively cold water, and where no effort had been made to induce a general action of the skin. I have healed these ulcers in a month by the free use of the sweating blanket, alternating with the wet sheet, and raising the temperature of the water ten or twenty degrees.

Patients who are not perfectly cured of this class of inflammatory and rheumatic affections, are often alarmed at the exacerbation of the symptoms, and particularly of cutaneous eruptions, as the cold weather comes on. The fact is, that when the constricting effects of cold weather and cold water are greater than the reactive powers of the patient, these eruptions relieve the system of bad matter. The evil must then be overcome by the use of the sweating blanket and tonic wet sheet, followed by a bath from fifty to seventy-two degrees, according to the reactive power of the patient. As soon as the whole skin acts normally, the local affection or eruption of the skin will cease. In dysentery, where the applications are too cold, hemorrhage of the bowels may be induced, and fatal results follow. In congestion of the uterus, a cold plunge, half, or sitz bath may produce dangerous hemorrhage; and in congestion of the lungs, the same baths too cold and too long continued, will produce fatal hemorrhage. In all these cases, I suppose slight reactive power. If the patient is full of strength, in other words, of vital energy, he will react against severe applications. The cold will increase reaction, and equalize circulation, instead of producing fatal congestions and hemorrhages. The

nice point to be determined by the physician, is the degree of reactive power possessed by the patient. The greater the degree of cold that a patient can bear and fully react, the sooner he will regain his strength. But it is as great a mistake to send patients about with their teeth chattering, and their lips blue with cold, as it is to allow them to hover over a hot stove, till they cannot bear exposure at all. The golden mean must be earnestly and carefully sought by physician and patient.

Routine practice, adopted simply because Priessnitz or somebody else does such things, is unworthy a thinking being. We should have well-defined ends in view in all water-cure treatment. We must know why we use certain means. One patient may take a foot bath, and another a sitz bath with the best possible results, whilst another may be chilled through for twenty-four hours with the first, and get an injurious hemorrhage from the last. The communist who should feed his canaries and his sheep, both on beans, upon the principle that all should be treated alike in order to do democratic justice, is not a greater fool than the doctor who treats all his patients alike in Water-cure.

Too much treatment is often worse than too little. Sanguine patients frequently are in a hurry to get well, and they exceed the doctor's prescription. If he tells them to stay an hour and a half in a wet sheet, they stay two. If he tells them to take the douche two minutes, they take it five, and so on. Fatal evils may result from such a course. Then, again, patients mistake directions. Tell them to dip their feet in cold water for a minute, and rub them ten minutes, and they dip them ten minutes, and rub them one, and wonder why they don't get their feet warm, when the doctor said they would be in a glow at the end of the rubbing. It is true that comparatively few mistake directions, but if one in a hundred mistakes, it is reason enough for great care, clearness, and plainness in directions. It is best to write always, as oral directions are readily forgotten, if they are not mistaken. Clearness in explaining each process, or manipulation in the treatment, where it is to be carried on at the patient's home, is very needful. I have known very sensible people who got into a sitz bath with their feet under them immersed in the water, and that, too, when a foot bath was the last thing needed by the patient, or intended by the physician.

Patients who apply to Water-Cure Physicians, often double the labor for themselves and the doctor, by giving a crude and disorderly account of symptoms, and neglecting those important points that decide the judgment of the physician. In about nine-tenths of the cases that come under my care by letter, I am obliged to write a letter of distinct questions for each patient to answer. I believe I shall do good service to patients and physicians, to copy my questions to female patients who consult me. I recommend to all who wish to give an accurate description of their cases, to carefully answer these questions in their description of their symptoms:

How old are you! Are your parents living! If deceased, how old were they when they died! What diseases had they, and of what disease did they die! What diseases have you had! Have you ever had cutaneous eruptions! Have you taken medicine, and of what kind, and in what quantity! How old were you when menstruation commenced! Have you had irregularity, or pain, or profuse menstruation! Have you indigestion, or sinking faintness at the pit of the stomach! Have you pain in the back, or any constant pain! Do you chill readily, or have you cold extremities! Have you piles, or constipation! Have you fluor albus! What is the nature, origin, and duration of your present disease! Have you any renal difficulties! Write as much more about your case as you please, but be sure you write what will answer these questions, and ten to one, you save your physician the trouble of an extra letter.

One more error, and I have done for the present. Many patients who are ordered to wear wet bandages, from a dislike to wet their clothing, or to procure more warmth, or both, put oiled silk over. This excludes the air, and the perspirable matter (which, be it remembered, is poisonous, even when thrown off from a healthy person,) is kept upon the surface of the skin. It is prevented from escaping by the oiled silk. The consequence is, that the skin is poisoned, inoculated, as it were, by the virus of disease, and the ignorant patient rejoices in what he supposes to be a salutary crisis. His head often aches in a dull and confused manner, but he supposes it is owing to the crisis. I once saw a close-fitting garment of oiled silk, put upon a patient over wet bandages, so as to cover a great part of the body. The consequence was, the most intolerable and indescribable agony from neuralgia. The pains were endured for some hours, the patient supposing it was a part of his cure. I remonstrated, in the first place, as strongly as possible against the application, but the patient was determined to know the effect for himself, and he found out, "with a vengeance," the effect of oiled silk in rheumatism. I have seen severe symptoms of typhus induced by its use, and I warn every one against its application to the body, in any case.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 1.

MY INITIATION INTO MEDICINE.

My initiation into the mysteries of Esculapius began by entering the portals of his temple in the shape of a drug store. Though at first confused by the hosts of gilded names on drawers and bottles that met my gaze on every side, yet in the course of two or three days the mist gradually cleared up, and sunlight restored order to the mental chaos. My previous knowledge of Latin enabled me readily to translate the abbreviations Pulv. Rad. Cort. Tinct. into powder, root, bark, and tincture respectively, so that at the end of the first week I was completely at home

in the store, and before the third had elapsed, the greater part of the business was thrown on my shoulders. I put up prescriptions, compounded the various powders, tinctures, and ointments, turned up my collar, changed my ribbon for a cravat, walked very erect, and was addressed by the customers as doctor. I also bought a pair of green spectacles, which the proprietor of the shop ordered me to return to the case, so that I always took them off when his gig drove up in front of the shop.

I BEGIN PRESCRIBING.—At the end of five weeks, the clerk, as was expected, left, and I was formally installed into his place by the owner of the shop. I was a hard student, and by daily committing to memory and reciting portions of the book at a time, I soon mastered the pharmacopœia, which, besides an account of the medicines and methods of their preparation, had annexed to it a compend of chemistry. Firmly believing everything I read of the properties of vegetables and minerals, I was lost in wonder and admiration at their astonishing qualities and powers; and nothing appeared so easy to me as the practice of medicine, the main difficulty being to select from so many specifics. I was continually recommending the various articles to all with whom I came in contact, and many a dose have I succeeded in getting down the reluctant throats not only of the sick, but even the healthy, by dint of sheer perseverance in the proclamation of their virtues, both in curing disease, and also in preventing it.

BOTANIC PRACTICE.—Some former owner of the place had laid in a large supply of drugs and roots, which for years had been lying neglected under the counter, the names of the separate parcels being lost and the whole mixed in utter confusion. The discovery of this heap of rubbish I looked upon as a godsend. By the aid of the pharmacopœia just referred to, I sorted them out, placed them in separate boxes properly labeled, and under the names I had affixed actually sold off the entire lot. That injurious consequences did not ensue was owing most probably to inertness, arising from age and exposure.

CURES DROPSY.—A beggar woman one day entered the shop, and claimed assistance on the ground that she was weak and sickly, and had several children depending on her, as well as her husband, who was nearly dead with dropsy and without hope of recovery, having been given over by several doctors. While she was talking, twenty remedies, each sure to cure, flashed across my mind, and having selected one (Indian Hemp—*Apocynum cannabinum*) I told her I knew what would make her husband well, showed her the root, and read an account of its properties from the book. The faith and assurance I displayed were contagious, her eyes brightened and she went away, provided with sufficient to effect a cure gratis, invoking every blessing on my head. Though expecting every day to see the husband in person come to return thanks to the saviour of his life, I heard nothing more of the matter until, about a month afterward, I met the wife

in Catharine street, and approaching her, was saluted with a storm of abuse and the epithet of murderer! Nothing daunted, though much surprised, I tried to explain that the man must have been too far gone before he took the remedy, but she would not listen to me, and as her unceasing clamor was gathering an angry crowd, I thought it best to be off for fear of consequences.

Had such cases often occurred, they would have taught me caution and want of confidence, in medicines, but they seldom happened, and I was much praised by many of those I bled and physicked for what they called my energetic practice. The position I was in at this period made me represent the tribe of young doctors just emerging from college, relying implicitly on the teachings of their professors, and plunging at once, lancet and medicine case in hand, into that course of experience from which they mostly emerge utter skeptics to the value of their profession, and ready to affirm the assertion of an eminent medical man, "that if there were less doctors, there would be less deaths."

CARELESS DRUG CLERKS.—It is exceedingly dangerous to the well-being of the community to give a drug store in charge to a young man who has not served a regular apprenticeship to the business, and been educated in habits of the most extreme caution. That there are few such in that responsible office need not be told. In many shops the laudanum and paregoric bottles stand side by side, of the same size, and on the same shelf. The abbreviated official name of laudanum is Tinct. Opii, that of paregoric is Tinct. Opii. C. a *c* being the only difference, as the appearance of both liquids to a casual observer is much the same, and yet owing to that *c* how many have been engulfed during the last ten years in New York city alone!

DEATHS FROM CARELESSNESS.—A physician once sent a prescription to a drug store, written as follows:

R. Tinct. Sanguin. ʒj.	Take Tincture of Bloodroot ʒone
Aqua Pura, ʒj. M.	dram ʒ oz. Pure Water 1 oz. Mix.

The boy who put it up mistook the sign dram, ʒ, for ounce, ʒ, and so gave eight times more than he ought. According to direction, a tea-spoonful was given to the child for whom it was required. It died in less than an hour, in the most terrible agony.

Another physician wrote as follows:

R. Pulv. Antim. gr. xii.	Take powdered Antimony, 12
Div. in Pulv. No. iv.	grains, and put it in four papers.

Two hours afterward he was called to the house, his patient's illness having, the messenger told him, increased alarmingly. He went, and found the symptoms simulating those of poisoning by tartar emetic. With the utmost difficulty the man was roused from his extreme prostration. As soon as he could leave his patient, the doctor visited the drug store, where he found on the counter, covering his prescription, the tartar emetic bottle (Tart. Antim.), the clerk playing a game of draughts, which he did not like to leave to put the things away, until it was finished. A

thousand similar instances might be cited, but enough has been shown to excite caution. Many physicians, at the present, appalled by such mistakes, write their prescriptions altogether in English, but the evil cannot cease until the bottles are also labeled in the same language, and doglatin repudiated. On my guard against such accidents by repeated admonitions, to my knowledge I made but two mistakes the first year, and these were the substitution of Hive syrup for that of Squilla—the difference on the bottles being a *C*—a trifling error, and one graver still: giving tartar emetic for powdered antimony; but the dose being small, the consequences were not serious.

POISONING BY ARSENIC.—Some two months after I entered the business, I read an account of an inquest held over a servant girl who had eaten a biscuit spread with butter, in which arsenic had been mixed to poison rats. It produced so strong an effect upon my mind, that I determined no accident of the kind should ever haunt me, no matter how remotely. I emptied the arsenic into another bottle, which I covered with labels, having on them **ARSENIC**, and **POISON**, **BEWARE**, and placed it on a high shelf in an obscure corner, and after thoroughly washing out and cleansing the original receptacle, whose appearance was well known to the neighbors, filled it with bi-carbonate of soda, such as is used in making cake and soda powders, and with the gravest face in the world dealt out the innoxious powder to those who inquired for ratsbane, always enclosing it in two papers, and labeling as directed by law. I afterward in other stores pursued the same plan, and to this day its recollection affords me pleasure. One morning an unfortunate creature entered in a highly excited state, and asked for sixpence worth of arsenic; the strongest, she added. Without hesitation, I dealt it out, observing all the forms as to wrappers, &c., she watching me attentively all the time. While changing the half-dollar she threw on the counter, I observed to her, that as she appeared to wish to die, she might as well give me the change. She assented, with the exception of four cents, and seizing the package, crossed the street to a liquor store, and having procured with the remainder of her money a gill of rum, mixed the powder with it, and at once swallowed the whole down as soon as she left the bar-room. Irritated by what she justly considered my cool and heartless conduct, she told it to a number of persons, and as it was rather a rough neighborhood, I should have been mobbed, had I not explained the matter; as it was, I had a narrow escape. My volunteer judges and executioners, roaring with laughter, gave the poor creature (whom they were so ready to revenge, but not to save, as they left her when they supposed she was dying, without assistance), a ducking under the pump. I never saw her again.

FIRST ESSAY IN BLOOD-LETTING.—From the commencement of my medical studies I had an intense desire to practice surgery in the way of bleeding and tooth-drawing. For the former

purpose I had been opening the veins of cabbage leaves with a lancet, and when I felt competent, ardently wished an opportunity of benefiting mankind with my newly acquired knowledge. The proprietor, a physician, residing some blocks distant, came every morning to the shop to see patients, and allow me to go to breakfast. One morning, near his usual hour, a colored man entered and inquired for the doctor, whom he wanted to bleed him. Politely handing him a chair, I asked him to wait. He was hardly seated, before I began explaining the mode of bleeding, the process of which I showed him on a cabbage leaf. Honestly premising that I had never bled; I offered him sixpence to allow me to begin on his arm, throwing in strong contrast the fact that he would have to pay the doctor fifty cents. He readily consented, and in a shorter space of time than I could now perform it, the bandage was tied around his arm above the elbow, the inverted broomstick in his grasp, and a bright stream of blood flowing freely into the wash-basin. Two things only were omitted in the process: one, feeling around the vein, to detect by the throbbing if an artery was near, for the purpose of avoiding that spot, and choosing another less dangerous; the other omission was in his posture; I should have made him stand up to induce faintness as soon as possible, instead of which I allowed him to recline, and as he got weaker, gradually lowered his head and body to give relief until he lay on the floor, still grasping his broomstick. Fortunately for the poor fellow, fainting ensued at last, in the form of what is called a dead swoon. Perfectly unaware that there was any cause of alarm, I loosed the bandage, and bound up the arm. Just as I finished, the doctor entered.

"What does all this blood mean?"

"I have been bleeding a man."

"A bullock you mean; there's two quarts in the bowl."

In much alarm, he listened to the history of the case, procured assistance, and carrying the poor fellow into the back room, laid him on the bed. Every expedient was tried to bring him to, and after about half an ounce of ether was poured down his throat, hartshorn applied to his nostrils, and his body well rubbed, my patient opened his eyes in great astonishment, complained of being weak, and wanted some water. It was given to him, mixed with brandy, and he was finally taken home on a spring cart. With a solemn warning that my days would end in a state prison, or on the gallows, I was dismissed to breakfast by my irritated and alarmed superior. I managed pretty well to repress my exultation in his presence, but the instant I got into the street it broke loose, and I capered along, making many a firm resolve not to be daunted by the doctor's envy! After this, the doctor permitted me to bleed two or three in his presence, and then permitted me to practice on all who, as he said, were foolish enough to trust me. Despite his taunts, however, I had considerable use for my lancet, for it was then the custom to

get bled spring and fall to preserve health. Tooth-drawing came easy enough; and before the year was out, I had over fifty grinders strung on a cord. The store was situated near a street noted for being prolific of broken heads and other wounds, and, as I never refused a patient my practice in minor surgery, soon became not only very considerable, but very valuable as experience.

In the next article, I will conclude the drug and patent medicine portion of my experience.

A VISIT TO THE AMERICAN WATER ESTABLISHMENTS.

BY MRS. E. R. GLEASON.

DEAR FRIENDS:—Most cheerfully do I comply with your request, to give you a sketch of my visits among the Water-Cures. So pleasant were they all, that I love to revert to them. Though all were strangers, yet through the kindness of others, the vexations incident to woman's journeying alone were rendered so slight as not to be mentioned. The cordial hospitality extended me at every establishment will never be forgotten. The remembrance of my short sojourn among them will ever be one of the "sunny spots" in my past life. Hydropathic physicians are so scattered as to give them very little personal acquaintance with each other. Would their arduous duties ever allow them to visit each other, I feel assured they would find it both pleasant and profitable to do so.

My first visit was at Dr. TRALL'S establishment, in your city. It is situated on Laight street, enjoying a very quiet but central position. Near it is a very pleasant, private park, which in a city is as a green spot in a desert, and affords a pleasant walk for invalids. The baths are convenient and well supplied with Croton water. The Dr. is a very agreeable, companionable man; one of those whose brain is more active than his tongue, as the readers of his articles in your Journal will suspect.

Was cheered to find here several gentlemen of intelligence as boarders, who were not sick, and did not mean to be; preferring the plain, but very nice and wholesome fare there provided, to the indigestible substances afforded at most hotels and boarding-houses. Until the world is wise enough to know that *that* is "living well" which makes the *eater well*, we can have only a sickly community.

While in the city of New York, spent a night very happily with Mrs. GOVE NICHOLS. She is a woman of much talent, and *extraordinary energy* of character, as her past labors fully testify. We can form some faint idea of the obstacles and opposition which she must have encountered and overcome, when we remember that sixteen years since, it was universally considered the height of folly, impropriety, and absurdity, for woman to think of preparing herself to treat the sick scientifically. Now there are a *precious* few who think it not only proper, but her duty to do so; and

are ready to do all that in them lies to extend to her the needful facilities. Mrs. Nichols attends patients at their homes, and receives some at her house. She is now giving a course of lectures on Anatomy and Physiology, having an abundant supply of the best models for illustration. She has also several ladies with her studying; not medicine in the popular acceptance of the term, but preparing themselves for physicians. It has long been said that women were better nurses than men. Then why withhold from them the needful information to nurse intelligently? Why trust alone to sympathy, gentleness, and kindness of heart? These are excellent qualifications in an attendant on the sick I own; but are blind in themselves, and need intelligence to guide them.

Found Dr. MECKER'S establishment most beautifully located at the Orange Mountains, New Jersey. The house is new, being constructed on purpose for a Water-Cure. It is most admirably arranged, having baths attached to each room. The mountain back of it is covered with second growth trees, with a multitude of paths winding about beneath their pleasant shade, and leading to springs and bathing-houses. To reach the top is no Herculean task, like climbing those about the Glen Haven Cure, but affords good exercise for an invalid. When there, the most beautiful landscape my eye ever beheld was spread out to view. New York and the Hudson River in the distance, a fine farming section, with little villages nestling among the trees, in the foreground. Was favored with but a *few* moments' interview with Dr. Meeker, he being absent when I went there. His patients all spoke of him kindly, and with much respect. Though not as yet blessed with an help-mate, he has secured the services of an excellent matron, who is equally at home in parlor or kitchen. Where she reigns there dwell order and neatness.

It gives me pleasure to mention Dr. SHEW, "our elder brother" in the Water-Cure; concerning whom the friends of the cause so often inquired of me. He has at present no establishment in charge, but has an extensive practice in the city, and "regions round about," a very important but laborious field. Had a short and cheering interview with him. His faith in water as the remedy in acute diseases has been fully tested, and abundantly strengthened, having had much to do with the severe diseases prevalent this season.

Spent several days very happily with Dr. KIRKPATRICK, so justly celebrated for skill, energy, and oddity, as were his forefathers. He is in manner and mode of expression as unlike everybody else, as the name "Noggs," which he bears, would indicate. His house is at No. 24 Franklin street, Boston, where he has every form of bath to be desired, and supplied abundantly with the Co-chituate water. Receives permanent boarders, day patients, and also attends to an extensive "out-door practice." He is a man of all work—now at home, and now at Lynn, and now elsewhere. Had he now no more *speedy* means of

locomotion, than in his "sulky with a top," which he tells us of having been of so much service to him, I think some of his patients would get well before he could get there. But the "iron horse" flying in and out of Boston in every direction, and at every hour, is "amazing handy" for doctors, as well as other folks.

The Lowell Water-Cure is situated on an eminence, on the opposite side of the river from the "City of Spindles," but commanding a full view of it, and of the Merrimac, which almost encircles it. The scenery is beautiful, and when the factories are illuminated in the evening, the view is splendid. The house is large, well constructed, and nicely furnished. Everything, within and without, well calculated to make it a pleasant home for the sick.

Dr. FOSTER, the physician and proprietor, had gone West, together with his wife, when I was there, so that I had not the privilege of an acquaintance with them. The patients there spoke of them with much respect. The establishment has a very extensive patronage.

The *Round Hill Retreat* is a charming spot, with a masterly sight of trees about it, as a Yankee would say. If it be true, as I think it is, that the sight of the beautiful is conducive to health, the scenery here must do much toward restoring the invalid. The buildings are extensive—will accommodate one hundred and fifty. Back of them is a beautiful chestnut grove. In front lies the village of North Hampton, with hills and mountains rising beyond. It is the resort of the sick and the well, who wish a "lovely retreat." Did not tarry long enough to form an acquaintance with the physician or patients.

Four miles from Northampton, on Mill River, we find Dr. ROGERS, who detects the locality and curability of diseases, by the electrical state of the skin. Strange and new as is his means of diagnosis, those who know his success, must believe it philosophical. Indeed, recent scientific experiments in electricity, have gone to prove its correctness. There were then thirty patients there, and had been many more: all remarkably faithful and energetic, in real earnest for a cure. The Dr. is more strict in diet than at most Cures; still there was less complaint about it than usual. The appetite is like a child: quiet when subdued, but exceedingly impatient and complaining when half governed.

The house is new and well constructed—the bathing-rooms neat and convenient. The prosperity of this establishment shows, that those who are "guilty of a skin not colored like our own," can fill important positions with honor to themselves, and benefit to others, for the physician and most of the attendants belong to this class.

One mile from here, is Dr. DENNISTON'S Cure, which I failed to visit. In the beautiful and romantic town of Springfield, in the valley of the Connecticut, Dr. Gray has opened a Water-Cure. His house is large, good bathing-rooms, and an abundant supply of water. At present, the Dr. is chiefly engaged in out-door practice.

Found the Brattleboro' Establishment, about which all have heard, so enlarged and improved that scarce a vestige of what it was four years since, remained. Have good accommodations for one hundred and fifty. Two German physicians, a dancing saloon, and gymnasium, connected with the house. Paths are constructed over the hills and along the banks of the Connecticut. One, I am told, is ten miles in length. They have also constructed a walk to the top of Chesterfield mountain, two miles above the village. So steep is it, that a portion of the way, stairs are constructed. On the summit, they have built a house of logs, as a sort of observatory. By the aid of a telescope, a fine view of "all the region round about" is secured. The scenery there combines the beautiful and the sublime, such as is peculiar to New England.

Besides the Water-Cures above described, there are some others in Massachusetts. One in Athol, one in Boston, under the care of Dr. Prior, and another in charge of a Dr. Gleason. They are fast springing up everywhere. In most of them, water is the remedy, and the *only* one employed. A few of them use occasionally a little of the old leaven to raise their patients to health, but most of them never use any but "water risings," as the cooks sometimes say, finding them the safest and best. Confidence in hydropathy is now fast increasing. I shall return to our Infirmary, feeling that there is now a little army of honest and earnest souls, engaged in the same cause with us. How changed since we first entered the field! When we commenced at Greenwood Springs, there were but three or four in this country, and those little known.

Am now at my native home among the mountains of Vermont, where I am refreshing body and spirit, by rambling over hill and dale, baking, washing, milking, and attending to all such "lady-like" employments, such as "Yankee girls are well versed in."

For the last four years, I have been of the "one idea party," knowing nothing but Water-Cure, hearing nothing but aches and pains, and doing nothing but prepare baths and bandages. Much as I love life in a Hydropathic establishment, I felt the need of rest from its anxious cares.

But some of the feeble sisters will say, you will get very little of rest in climbing mountains, and performing the more laborious of household duties. Strange as it may seem to them, I feel myself being rejuvenated; such employments are as pleasant pastime to those in health if they are not lazy; and to the sick a means of restoration if not carried to excess. But many say such exercises are beneficial only to those possessing more than *ordinary* constitutions; which is true of myself, though unfortunately it was *more than ordinarily feeble*. But thanks to the good sense of my parents, the little strength of system I had was not destroyed in early life by drugs; and in latter years by much watering, active exercise, and plain food it has increased many fold.

Oh! I would that those mothers, who, in their

mistaken kindness, allow their sickly daughters to lounge on sofas, sleep on feather beds, feed on dainties, understood these things as they ought. They think them too feeble to walk or work; the very best reason why they should do both. Strength of body as well as brain comes not by waiting for, but by *working* for.

But I am protracting this article beyond what I purposed to do. Such is my zeal to tell what baths and active exercise have done for me, and to exhort others to avail themselves of the same means, that I am ready to speak and write of them both "in season and out of season."

Yours, in the bonds of truth,
R. B. GLEASON.

PAST AND PRESENT EXPERIENCE OF A HYDROPATH.

BY J. C. JACKSON.

GLEN HAVEN WATER-CURE.—GENTLEMEN:—With your permission, I would like to become one of the contributors to the Water-Cure Journal. The Hydropathic treatment has greatly benefited me. Three years, residence in a Cure, one as a patient, and two as a partner at Glen Haven, have given me opportunities for observation, that have not been lightly esteemed. From my youth, I have sought for health as the old Orientals are said to search after happiness, for in my idea, health is the chief good. Its possession furnishes man with the best power to develop what is in him of the Divine; and happiness is oftener found as the companion and guest of health than anywhere else. So important is the part that health—physical health, plays in the human economy as it lies mapped out in the Divine mind, that it may be grouped with the graces—for Faith, and Patience, and Experience, and Hope, and Charity, all depend much for their residence in a human soul on such soul having a well-built, a properly-constructed and arranged home. I know this as do others.

My father was a physician of eminence in one of the central counties in this State, New York I was brought up at his feet as was Paul at Gamaliel's. Around his fireside gathered such men as Doctor White of Cherry Valley, the late Drs. Hull and Hosack of your city, and old Dr. Samuel L. Mitchell was his personal friend. Thus, was I thrown into the society of men who in their day were heralded masters of the healing art. My earliest recollections and my adolescent associations were of and with such men. I have poured through all the old books in search of a true rational theory of disease, but as medical men practice it, my labor has been mostly in vain.

By severe study I lost my health. By over activity of brain I made the acute a chronic state; and after years of intense suffering, I was given up to die. I tried Hydropathy. It worked wonders. Still so radical appeared the disease, that my partner at times almost felt that I must die. A close and daily diagnosis of my case convinced me that my medical advisers

were mistaken; and taking treatment into my own hands and pursuing it steadily, I have so far regained my original vigor, that I can study four or five hours in a day, and the remainder spend in active labor, in taking care of the patients at our Cure. Thus am I able to perfect myself in my study and practice as a physician.

Now should your readers feel discouraged at the obstinacy of their ailments, perchance my case may serve to cheer them. Had I allowed the opinions of some of my friends to influence me, I *should have died*. A resolute will keeps death at bay in certain cases a long while. It puts the devourer at fault. The track in such case one treads *he* chases backward, and each gallop made increases the distance. No sick person should ever yield, whilst he can gasp. "Whilst there is life there is hope," though trite as a saying is full of practical wisdom; and of nothing am I more certain, than that the haste with which hydropathic physicians, as well as others, conclude certain cases is an error in their practice. It tends to make the patient uneasy, it creates false impressions as to the renovating force of the treatment; establishes the notion, that water works like magic, by miracle, by a sort of spasmodic omnipotence, or fails, chattering forth its own impotence. In subsequent articles I may illustrate the truth of what I say by facts, that have come within my knowledge. These erroneous notions which guests at Water Cures get of the water processes, create a great evil in the practical department. They need timely and judicious effort to correct them; for as a general case, persons do not fail to tarry at length at water establishments for want of *means*. It is for want of *faith* in the remedy, and want of *moral influence in the establishment*. Would it not be deemed invidious, I could mention a Water-Cure—not the one with which I am connected—whose physician—not an M. D.—exercises such moral influence over his patients, that they allow the sternest necessity only to induce them to deviate in the slightest degree from his prescriptions. And it is peculiarly true, that they, if possible to do so, abide in his Cure till the word goes forth from *his* mouth that they *may* go. Now unless common fame utters falsehoods, this man cures more in proportion to his whole number of guests than any hydropathic practitioner in the United States.

It is generally acknowledged that M. D.'s—Doctors of *Medicine*—cure but a small proportion of their patients. This is largely attributed to the unfitness of their *remedies*. They are not *remedial in character*, but distinction. They act as poisons, not as antidotes. They waste the energies of the body instead of checking the waste, already too great. They have no elements whereby the supply, already too little, can be increased. Their balance is on the wrong side of the scale, and they weigh on the poor sick one like a horrible nightmare on a sound sleeper. If a man slightly sick cannot get well without drugs, let him be assured he cannot with their use; and if he is *very* sick, if he is ever to

get well, it must be in spite of them. How much of human life, how much of heart-brokenness, how much of untold, because indescribable, suffering might *have been*, and in time to come might be, saved, if doctors would cast their diplomas to the fire, and their nasty, nauseous drugs, to the dogs; and instead of playing the doctor, enact the physician. It is one of the most beautiful, because one of the most truthful, appellations given to Jesus, that of *Physician*. No where does he call himself, or do the writers of the Scriptures call him, *Doctor*, but he is frequently called *Physician*,—i. e., one who assists Nature to regain her "appropriate sphere," and resume her authority.

It may be assumed, not unjustly, that the majority of doctors leave unused the many and powerful influences toward the cure of the sick, which lie outspread to their hands, in proportion to their dependence on their saddle-bag contents. If the patient dies, it is ascribed to the inveterate type of disease, and not to want of skill in watching symptoms, or applying care and attention in the right direction. Let me allude to one or two points in which doctors are deficient, lamentably so. I allude now to the great want of confidence often existing between the parties—patient and doctor. Of the moral, of the mental state of the sick, doctors appear to know but little, and this of itself is a great obstruction. It arises from the wide difference in the education of the parties—doctors, like ministers, know little of social human nature. One knows *his* formulas, and so does the other; but of the workings of mind operating its way along the track of life amid struggle and hardship, and almost overcome by severe besetments, these men know little, and so have little tact in administering "to a mind diseased."

They wear the air of pedants to those who are unlearned in the sphere in which these men have spent their intellectual efforts, and between them there will always be a gap—a chasm—over which they have no power to bridge.

Take the language physicians use in describing disease and its remedies. The incantations of an Osage Indian are not more deficient in good taste to one who feels that the beauty of *all expression*, whether vocal, pictorial, or pantomimic, lies in its simplicity and significance. Now, not a man in a thousand can conjugate a medical man's formula. To the poor fellow whose lot it is to swallow the drugs it describes, the description is all heathenish. What the medicine is, he knows not; and, in many cases, the physician intends that he *shall not* know. His *art* is his capital. He lives by it. He has by lamp-light and brain-work collated the literature and science of two thousand years, and compressed them into his saddle-bags, and he protests against giving it all away by talking English. Say what one will, from this circumstance alone there springs distrust in the bosom of the sick. The doctor is of another order. In his processes and passes about the bed there is mystery, and all that is wanted is, the incoming of a rival who shall possess tact

at diagnosis—patience and readiness to assist nature, and will use language to transmit and not conceal ideas, and he will sweep the circle. In this way have Thomsonianism and the other *isms* of the nineteenth century made headway. More or less they may incorporate into themselves, in some directions, improvements over the old methods of practice; but their progress in public favor is mainly to be accounted for on their comprehensibility by those whose patronage they obtain.

To my own mind, nothing marks more conclusively the snail's pace at which medical science moves, than the tenacity with which doctors cling to their unmeaning technicalities. It is a shame to them; but they act as though they thought, to relinquish their use, was to place the ark of the covenant in the hands of the profane. How foolish! Will they never learn that drapery is ill-worn when so adjusted as to conceal the proportions whose object it always should be to display—that forms and *formulas* are insipid and ill-timed when they cease to give significance?

Now there may have been centuries ago reasons why the triumvirate—Law, Physic, and Divinity—should use Latin verbiage. The reason ceased with the necessity that gave it birth. The Latin language was at one time, among men of letters, the medium of communication to the extremes of civilization. Rome was the mistress of the world. She was the protectress of science and the arts. It was part of her civil polity to homogenize her provinces, to attach them to herself, and therefore she carried her language and her institutions wherever she planted her standards.

At a subsequent period, she claimed supreme authority as the divinely constituted exponent of the religious idea, and so uttering all her bulls in her own language, in order to understand the *true* spiritualism it became necessary to know the Latin tongue. Thus, it became the vehicle of religious thought, of literary communication, of judicial record, of statutory enactment. Of course medicine followed suit, and the more readily, perhaps, as the Monks who illustrated and kept literature alive, bore an almost passionate devotion to the healing art.

But the days of monastic life are ended. The shoemaker on his seat, the merchant at his desk, the weaver at his loom, the blacksmith at his anvil, and the man of letters in his study, are approximating in the knowledge of themselves and their fellows. Human relationships, with their appropriate obligations, are coming to be understood. Hence, Law and Divinity grow liberal. The truths they entertain, and the principles they endeavor to embody in the common conception, they labor to simplify. They are casting their barbarisms from them, and their professors are coming to talk plain English. The profession of medicine will add to its general reputation, by accepting the hint the other professions thus give, and save itself thereby from general contempt.

NEW-YORK, JAN., 1850.

OUR JANUARY NUMBER.

We send this number to all whose subscriptions terminated with the last number (Vol. VIII.)

This number may be regarded as a fair sample of what we intend to furnish for the present year.

Our terms being payable in advance, we shall continue the Journal to those *only* who re-subscribe. It is desirable that all who wish to continue, will make their remittances soon.

TOBACCO.—The Second part of this work, commenced in our last number, will be published in our next.

JANUARY REFLECTIONS.

BY R. T. TRALL, M. D.

RETROSPECT.—The commencement of a new year, and a new volume, naturally brings writers and readers, publishers and subscribers, into a sympathetic family-circle relation. In this imaginary assemblage let us confabulate. What messages of weal or woe bring our heralds of reform from the distant stations of our great field of operations—the civilized and uncivilized world! We have been battling against darkness, ignorance, superstition, pride, prejudice, time-honored errors, venerable follies, false fashions, pernicious customs, and depraved propensities. Ungracious indeed is the task of lecturing people continually upon “the error of their ways.” But beyond the present scene of strife, beyond the clash of opinions, and the conflict of systems, we see a glorious prospect: humanity redeemed from physical transgression; a world brought back from its thousands of years of wanderings, to truth and nature; a people recognizing the laws of being; conforming their ways thereto, living in the uniform enjoyment of health, that great, first parent of earthly blessings, and dying as the children of men were born to die, of a green old age. Is not this motive ample for us to toil on, toil ever?

Faint-hearted philanthropists might perhaps expect, in such a struggle, to meet with success here, victory there, defeat yonder, and disaster in another place. Yet it has not been so. Everywhere that the water-cure philosophy has been fairly introduced, it has either held its ground or marched onward. No retrogression has yet been known, nor is this hardly possible. The spirit of the age forbids it going backward; the eternal law of progress declares it must move forward; and the history of the last six months proves that it does advance with a rapidity unparalleled. There is no great subject now agitating the community, upon which information is sought with more avidity, upon which books and papers are multiplying faster, than that of medical, and dietetic, and physiological reform, as connected with the hydropathic method of treating diseases. During the last six months many new institutions have been established in different parts of the country; yet these are far from indicating our degree of progression. The greatest work has been done in a more quiet way—in the home water-cure. In almost all parts

of the land, books and periodicals are finding their way to the family fireside, and the people themselves are taking up the business of plunging, douching, and packing, with an energy that threatens the demolition of the apothecary shop, and the laying of the “pill-bags” on the shelf. So mote it be.

PROSPECT.—Notwithstanding the wide diffusion of water-cure doctrines, we must not calculate on our system prevailing without a work yet long and arduous. A reform involving a modification of nearly all of our voluntary habits and social usages, is not begun and completed in a single generation. The present generation is rather the time for seed-sowing than of fruit-reaping. Yet all who labor as teachers, practitioners, or patients, will get their reward. Let them, though, not look to sudden fame, exorbitant wealth or renovated constitutions, without labor and self-denial. Those who teach must recollect that the strongholds of error, walled in by a blind reverence for ancient notions, consecrated by the first impressions of childhood, and strengthened through life by constant association and habit, are not very easily uprooted. Practitioners of hydropathy must expect to build up their reputations and fortunes somewhat as the mechanic rears the well-proportioned edifice, by honest, healthy, laudable hard work. And no man who lives hydropathically, can help being active both in body and mind.

Invalids who seek physical regeneration hydropathically, or who desire to make the almost extinguished lamp of life burn longer by a return to the laws of life and health, must bear in mind that perseverance is their divine philosophy. The down-hill race of sensuality may seem easier for a time; but the end thereof is disease, decrepitude, premature death. The up-hill course of restoration is difficult oftentimes at first; but it grows continually more pleasant, and the result is health, self-control, happiness. It is hard for a time to lay aside habits of early life, to crucify appetites fastened upon them by custom, and to learn to love those things which in themselves are intrinsically good; especially trying is it to endure the sneers of the ignorant, the ridicule of the self-conceited and self-interested, and the scoffs and taunts of the very learned, yet much mis-learned medical profession; yet is not a consciousness of right, and comparative exemption from sickness, sufficiently compensating? The time is not far distant when it will not be considered either exquisitely refined, extra-fashionable or supra-respectable to be “delicate in health,” unable to do any thing, and a constant burden upon the sympathies of doctors and nurses. When the people are as intelligent as we hope they soon will be, it will be deemed actually discreditable to be diseased in body. It implies transgression—sinning against the laws of being. Think you God’s physical laws are less dear to him, or less holy in themselves, than his moral laws? If His laws which govern life and health are, like Himself, just, true, and immutable, can we infringe them without guilt?

HYDROPATHIC COOKERY.—There is no part of our field of reform requiring more cultivation than this. What we shall eat and drink to recover or preserve health, is a problem very simple in its literality, but very complicated in its practical implications. Had we only natural appetences to deal with, we could very easily present them savory dishes. But here all have gone astray, and the perverted tastes of by-gone generations have accumulated upon us, till our paralyzed sensibilities can hardly appreciate any alimentary substance, except through the medium of salt, sugar, butter, grease, gravies, spices, pepper, mustard, vinegar, aromatics, or pungents of some sort. The first lesson for the dietetic reformer to teach, is mainly negative—the abandonment of all, or nearly all, of these extraneous “helps to digestion.” “But,” says the denaturalized appetite, “without these relishes all eatable things are stale, flat, and unprofitable.” So they are; but why? The organic instincts are palsied in a degree. Restore their natural powers again, and food, plainly cooked, has a more exquisite relish than all the stimulants and condiments in the world. Man was made to enjoy his food always, never to loathe it. The person who lives on unconcentrated and unstimulating food, who uses grains, fruits, vegetables, and even lean meat, and who employs no seasoning beyond a little milk and sugar, and a *very little* salt, never lacks a good appetite, nor good digestion, unless badly dyspeptic, from previous bad habits. But how is it with the majority who, in their complicated abominations of fashionable cookery, seem to regard nothing but the insatiable cravings of morbid appetite? Nay, often they sit down to the luxurious table, groaning under its load of varieties, among which may be found the beasts of the field, the birds of the air, and the fishes of the sea, each part, organ, and viscera of each animal—tongue, tripe, gizzard, brain, heart, liver, lights, pancreas, kidney, intestines, ears and tail, served up a-la-mode, with its peculiar accompaniment of sauce or other “fixings,” and yet the pampered, perverted, palsied appetite loathes the whole. It would be strange indeed, if it did not. A pickle or an extra touch of mustard is required to “provoke appetite.” Is it any wonder that, after eating, a quid, or a cigar, or a brandy smasher seems very desirable to stay the rebellious stomach?

Hydropathic cooking—which, being translated, means a healthy preparation of food—obviates all this trouble. Moreover, it would of itself prevent or cure a majority of the diseases so prevalent among us, besides lessening the expense and the labor of furnishing our tables more than one half, if generally adopted in society.

If we go into a pork-growing region, and tell the people there that hog-flesh is not healthy, that the fattening of pork is a process which diseases the animals, just as fattening a man would fill him with gross excrementitious matter and corrupt humors, and that the common use of pork is among the common causes of scrofula, erysipelas, scarlet fever, cuta-

neous eruptions, glandular enlargements, &c., we might be looked upon as worse than infidels, for the majority seem to think that pork, instead of bread, is the staff of life. If we travel into a section where the merits of “bran bread” have never been experimentally discussed, and offer the good folks a slice of the best, sweetest, purest, and healthiest of all bread kind, more than one will exclaim, in unfeigned horror, “What, hog-feed for me! I eat bran! I live like a horse! No, Mr. Dieteticus, I don’t eat what we keep our cattle on.” If we remind them that their cattle are much the most healthy, that it is just as natural, and just as practicable for a human to enjoy health as an ox or a horse, if we assure them that cattle are infinitely less liable to have their stomachs cankered, their livers swelled, their bowels full of obstructions, inflammations, constipations, piles, protrusions and intussusceptions, humors and tumors, as the great majority who live principally on superfine flour and butter biscuits do have, they smile incredulously, and write us down as either grossly unrefined or dreadfully fanatical, while the doctor, if there be one in the audience, of course thinks we have undertaken a crusade against his high and benevolent vocation of healing the sick.

It is, however, encouraging to know that, of those who are once brought to the knowledge of the merits of unbolted meal, and persuaded to abandon for a season the “riotous living” of pork, grease, and stimulants, very few are ever willing again to return wholly to their former ways. But as “short articles” are most relished by the reading community, and our subject is a long one, we drop its thread at this point, promising to resume in a future number.

CHOLERA REPORTS.—“The Proceedings of the Sanatory (sanatory?) Committee of the Board of Health, in Relation to the Cholera as it Prevailed in New York, in 1849,” have just been published in pamphlet form. They are a dry set of documents to us water doctors; for in all the treatment pursued and recommended at all the hospitals of the city, such a thing as a bath, hot, warm, cool or cold, local or general, is not named. The treatment which the doctors say they found most successful—the deaths were about fifty-three per cent.—consisted of calomel, opium, camphor, tannin, gallic acid, sugar of lead, lunar caustic, white vitriol, blue vitriol, muriated tincture of iron, mercurial ointment to the spine, mustard plasters to the stomach, hot flannel, bags of heated sand, salt or water. That this combination of poisons and pungents did prove the very best treatment, as well as the very worst treatment, we have no manner of doubt, for the report does not tell us that any other plan was tried.

The London Lancet, for November, contains the reports of some ten or a dozen hospitals in relation to the cholera of last season. There was much more variety and discrepancy in the treatment at the London hospitals, than at those of New York. The rate of mortality, however, was about the same. Two or three of the London Hospital physicians, in utter

tespair of any good resulting from their own materia medica, resorted to the hydropathic appliances, particularly the wet sheet packing. The packing process is described as minutely as though it was an original allopathic discovery; and the immediate effects are described as having been highly encouraging. But, most unfortunately, all the patients were drugged extensively at the same time. If the London allopathics are determined to steal Priessnitz's thunder, we have no objection, provided they will make a judicious use of it; but putting a cholera patient into a wet sheet, and then pouring into his stomach, promiscuously intermixed, opium, calomel, brandy and beef-tea, has a close resemblance to what has been called "a regular botch of a business."

At St. Bartholomew's Hospital, the physicians finding all plans of treatment fail alike, "treated several cases *empirically*, with a view of testing popular remedies." From the experience at Guy's Hospital, the following facts are laid down as established, which we are most happy to assist in recording.

1. "When the collapse is at hand, but especially when it has come on, *avoid any quantity of opium*; it does no good, and enough has often been given to *poison patients*, if they outlive the collapse. It *KILLS* them in the stage of consecutive fever, increasing the delirium and excitement."

2. "*Most decided benefit has followed the hydropathic practice*; at least so far as covering the limbs with cloths wrung out of warm water, and covering the patient up with blankets. The cold, death-like sweat has often been then exchanged for a warmer excretion from the skin, to the manifest relief of the sufferer." This confession that allopathic practice actually killed, while hydropathic proved decidedly beneficial, is about as much as we can reasonably expect from the leading allopathic journal of Europe.

NURSING SORE MOUTH.—This troublesome and vexatious affection is very common among females, whose habits of life are after the manner of the majority. It is mostly the result of chronic, depraved, biliary, and gastric secretion; these again, dependent on bad dietetic habits. Very hot drinks, new bread, much salted meat, and greasy dishes, are conspicuous among the original causes. Many females drink their tea almost scalding hot, which frequently injures the mucous membrane of the mouth and throat. The adulterating and coloring agents in green tea affect the mouth often, producing a cancerous condition. This complaint is usually doctored with alkalies, lunar caustic, and blue pill, but seldom cured in that way. To effect a hydropathic cure, general bathing sufficient to keep the skin open and active is indispensable. Tepid injections should be employed frequently, if the bowels are at all constipated. Drink nothing above blood warm. Avoid very acid fruits, salt and spices, and be moderate in the use of the more watery vegetables. Eat principally dry, stale bread or light toast, boiled rice, cracked wheat, potatoes, and lean fresh meat, if ani-

mal food is used at all. Sweet apples baked are good as part of the meal.

PARALYTIC AFFECTIONS.—Many persons who had been disabled for years by various forms of paralysis, have been cured at the hydro-establishments. As far as we can learn, nearly all who have taken several months' treatment have been materially benefited or cured. During the last summer we heard of one or two bad cases of long standing, being treated four or five weeks without particular benefit. The patients then abandoned the treatment, and very likely pronounced the cold water business a *cool* humbug. This was rather unreasonable. Palsy is almost always the sequence of functional derangements, which have existed a long time; and six to twelve months are not too long for a fair trial. We have a patient in hand who had been unable to walk for several years. It took six months faithful treatment to get her up to the walking point. She can now walk three miles, and is still improving. The treatment we can only speak of here in general terms. Nearly every kind of application is generally requisite. The bathing processes should always be commenced with great moderation, and continually increased as the patient's reactive power accumulates. The temperature of the water should be warm enough to avoid any considerable shock at first, and carefully lowered as the treatment progresses. The packing sheet, sitz, foot, and hand baths, should be usually first introduced, followed after a while by the rub-sheet, douche and plunge. A very strict diet is not often necessary, but it cannot well be too plain. All stimulating seasonings and drinks must be abandoned.

A WORD TO THE UNINITIATED.

BY E. A. KITTREDGE.

HYDROPATHY as a practice is comparatively new, and to many entirely so; and as this number is expected to go into the hands of very many who never before have had an opportunity to investigate the subject, we propose to postpone our "applicability of the Water-Cure in acute diseases," and devote ourselves to the task of making a plain statement of facts in relation to the nature, rise, and progress of the Water-Cure, its comparative efficacy, &c. &c.

The Hydropathic, or Water-Cure system, is by no means a new thing, as it can be traced back a great many years previous to the existence of any who now grace or disgrace the medical profession.

It was not, however, reduced to so complete a system, as it now is, till quite recently. *Priessnitz*, a humble German peasant, was chosen as it were of God, to rescue from the oblivion that an interested faculty had for years tried to throw it into, one of the most natural as well as best systems for curing disease, ever vouchsafed fallen man.

This remarkable man, whose name is now known throughout the universe, and which shall live while time shall last, coupled with that of saviour of the physical world, was, as I have said, a simple unlettered man; but, though he could neither read nor

write, yet he could understand what was written upon the vellum of his common sense by the great Scribe who made him, and in obedience to the promptings of his generous soul, he no sooner had interpreted the handwriting of the Great I Am on his own cerebral wall, than he commenced practicing for the benefit of his race its God-like precepts. First on himself he commenced the practice of his new-found philosophy, and finding it to succeed beyond his most sanguine expectations—startling as it was, he soon induced others to yield their long-cherished prejudices and try the heaven-born remedy.

Each one who tried it first “marveled one with another,” then cried, “Behold! this man is surely of God, for he hath the power to cast out devils,” for all who went to him were immediately healed of their long-standing maladies, and went away rejoicing.

At first, Priessnitz,—who knew nothing, of course, of the doctrine of diseases,—merely prescribed for the simplest kind of ailments common in his own immediate neighborhood, but in process of time, his cures became known abroad, and he by much practice, and by virtue of great natural shrewdness and tact, became much skilled in detecting the causes of disease, and the most natural and efficient way of removing them; so much so, that people began to flock to him from all the land round about Silesia, among whose mountains, in an unostentatious hut, this great apostle of the only true medical gospel dwelt.

It was not the ignorant and the unlearned who flocked hither merely, neither were it those whose ills were imaginary, but men and women of high degree,—whose educations and abilities were the greatest in the land, and whose diseases were too apparent in their effects to be mistaken,—ay, many of them could show, if not “the hole in the side,” the scar thereof.

Time passed on, and every succeeding month left tokens, in shape of splints, bandages, crutches, and canes, &c. &c., in the humble peasant’s abode, that told of broken limbs restored, crooked ones made straight, and long-diseased and almost useless bodies made whole and “as good as new again.”

Each successive cure, more wondrous than the rest, was the means of at least a dozen others similarly affected flocking to the “great physician,” till Graefenberg, the native village of Priessnitz, became—instead of one of the most unpretending and quiet little hamlets in the world—the most famous and greatly frequented resorts—especially of those in search of health and sound limbs, from the prince to the peasant, of every age and clime. At one time, I was told when in Europe, he had under his care eleven hundred patients!

So celebrated did this humble German peasant become, that not only the wealthy and mighty of the world sought him out, but even physicians of the highest eminence went to him, not merely to be cured, but to learn!

Yet strange as it may seem to the merely scientific,

the most highly educated of the medical profession in Europe and elsewhere have for years thronged to the court of the mighty King of Physicians, to learn anew, acknowledging that all their former learning was as naught compared with the lessons taught by nature through her great disciple, Priessnitz.

But let us do justice. Priessnitz, in turn, learned much from those who came to learn of him, especially concerning the nature of intricate diseases, the effects of violated law upon the system, physiology, &c. &c., so that now Priessnitz, so great have been his opportunities in these respects, has become quite an educated man, in one sense, and his treatment of diseases somewhat modified in consequence.

So much for the history: now for the philosophy and superiority of the Water-Cure.

The philosophy of the old school seems to be, that disease is an incarnate evil, having a local habitation and a name, and all that the physician is required to do is to eject it “*vi et armis*” from the system!

This they set about doing very much as a man would clear his cellar of rats! viz., by giving poison! as if a greater violation of physical law could atone for a lesser one; or that two wrongs could ever make a right.

The Hydratic or Water-Cure system is simply this: it presupposes that all men have transgressed the laws of health, and in consequence of this violation, the physical energies have become impaired, and if long so, or much so, certain irritations, excitements, congestions, obstructions, inflammations, &c. &c. &c., take place, to which we give the generic name Disease, and when any particular set of symptoms occur we give it a special name, according to the manifestations, considering them all, both disease and the symptoms, as only the exponents—graciously vouchsafed—of the violation done within.

Now we contend that the only legitimate way of curing a diseased person is, first, to stop all violation; secondly, to remove all obstructions in the way of the recuperative power; and thirdly, to assist nature in throwing to the surface all morbid matters—the retention of which in the system produces the diseased action—*without doing violence to the organic laws*. “But this is simple common sense, no science about it,” says one—true, but the age of reason, thanks to progression, “is being come.”

We will now proceed to give a brief description of the “ways and means” to be used.

We go with the Allopath as far as we possibly can; we acknowledge the necessity of a perfect acquaintance with anatomy, physiology, &c. &c. We even admit that emetics, cathartics, diaphoretics, diuretics, astringents, emollients, anodynes, epispastics, emenagogues, stimulants, &c. &c., are all, and divers, more or less needed, in the great work of man’s redemption; but we contend, that instead of using poisons, as the allopath almost invariably does for these purposes, we have them all in a pail of water!

For instance, warm water will answer all the purposes of any emetic, if only persevered in. Sitz baths

and water injections are all-sufficient to regulate the bowels—in all cases—can anybody say as much for “physic?” Dry blankets with copious draughts of water will produce the most plentiful perspiration. Cold water, drank in large and oft-repeated doses, will prove most powerfully diuretic—applied cold to the inner membranes it proves astringent; in form of wet bandages, &c., emollient to a wonderful degree; in that of a wet sheet, anodyne beyond all that the allopath ever dreamed of, even in his most morphitic slumbers. Applied in the form of ice, or very cold and oft-repeated wet cloths, it will do all that any decent blister-loving doctor could ask,—without any of the horrid concomitants of a blister of flies,—and so on to the end of the chapter.

How they do all this, we will now consider. Warm water produces vomiting from its insipidness and weight, producing an inverted action of the stomach which is sufficient to dislodge all offending matter. Sitz baths operate directly upon the portal system and liver, by driving the blood therefrom to the unimportant parts immersed therein, thereby allowing the liver to act naturally and pour its bile into the alimentary canal, the stimulus of which is necessary to the proper action of the bowels,—injections of water assist, especially when the bowels are irritated or inflamed. Diaphoresis, or sweating, is produced very naturally when, by means of blankets, &c., the heat of the body is allowed to accumulate.

Diuresis, or flow from the kidneys, is also most naturally produced by the drinking of large quantities of water, it being one of the best diluents in the world. It differs from all other diuretics in not disturbing in any way the harmony of the system; this is equally true of all the other classes. As for its soothing or emollient effect, every one knows it; if not, let them apply it in case of a burn or the like. That very cold water is stimulant, is also well known. The way it produces the effect of a blister is simply from its intense action—when very cold or frozen—which, according to a law of God written upon our constitution, will always produce reaction,—thus it will relieve internal congestions, &c., by its action on the surface the blood is forced to come to the capillaries and thereby give the diseased part a chance to recover its power, affording it meanwhile the greatest relief.

As an anodyne, it is, as I have said, in and of itself the greatest in the known world, *ever giving instantaneous relief in the most severe cases of pain*: hence, if applied in the form of a wet sheet touching the whole nervous system, as it lies spread upon the surface, the relief which through this Nervo-Magnetic telegraph is carried to the brain, must be immense, and that it is so you have only to watch the countenance of a person in a fit of the colic, when a wet sheet is first applied.

In short, there is nothing that needs to be done that you cannot do with water and its auxiliaries,—if you only understand the proper way of using them—ten thousand times better than can possibly be done

with drugs, medicines, or dyestuffs. Let us use these, then, and avoid thereby being poisoned even by mistake. *I know what I speak*—judge ye what I say.

BRONCHITIS, OR MINISTERS' SORE THROAT.

BY O. V. THAYER, M. D.

THIS very singular disease attacks a particular class of persons, those who are in the habit of speaking in public, and in crowded and ill-ventilated rooms. When it gets a fair hold of its victim it is a constant (although a very disagreeable) companion.

There has been much written upon this disease, and many methods of cure advised, but most of them without success. It affects the palate, tonsils, larynx, and bronchial tubes, and generally the digestive organs suffer more or less. Its progress at first is slow and insidious, creeping on the person step by step, until the whole phenomena of the malady are developed. Symptoms:—the patient complains of a constant tickling in the throat, as though something was lodged there, and he makes a great effort to dislodge it; but all his hawing and coughing results in nothing but raising a small quantity of thick tenacious mucus. He feels better for a moment, and then the same disagreeable symptom returns, and the same hacking cough continues from week to week, hoarseness, a sensation of tightness across the chest, slight dyspnoea, acute pains darting through the upper portion of the lungs supervenes. On examining the throat you will find elongated palate, tumefied tonsils, and the whole mucous membrane congested and dry, the natural function of the membrane to secrete healthy mucus destroyed. If the disease continues, the structure becomes thickened, mucous follicles enlarged, and the disease continues down the trachea, into the bronchial tubes, and finally, if not arrested, tubercular deposits take place, and consumption terminates the patient's sufferings.

The stomach is primarily or secondarily affected, the tongue is covered with a white coat slightly tinged with yellow, and there is considerable nervous irritation, palpitation of the heart, disturbed sleep, and it is impossible to bring the mind to bear upon one subject for any length of time.

These and many other symptoms develop themselves from time to time as it progresses. TREATMENT.—Change the patient's habits entirely; if he has been in the habit of public speaking, or teaching, stop it at once, pursue some other avocation. I generally recommend farming. Throw off your cravat and expose your neck and chest; it is very essential that pure air should come in contact with the skin in order to stimulate it to a healthy action. Shun everything that has a tendency to irritate the lining membrane of the throat and lungs. Sleep in a well-ventilated room, and bathe the neck and chest often in cold water with considerable friction. Sitting baths two or three times a day, from thirty to forty minutes, duration, as cold as the patient can bear without chilling him, rubbing the neck and chest each time,

with the hand dipped in cold water, two minutes before leaving the bath; wear a wet compress around the neck and chest every night. The dripping sheet is an admirable bath in this disease, and should be used morning and evening; gargle water in the throat before drinking; if the palate is elongated, clip it, especially if it is a source of irritation. Continue the above course with slight variation, according to the nature of the particular case, and you will seldom fail of a cure. I have treated quite a number of persons afflicted with this disease, and have never failed in one single instance of a cure.

[In a conversation with Mr. STANTON, author of the Reformers of England, now Senator in the Legislature of New York, he remarked that he had been troubled much with bronchial affection, for several years, and the most effectual remedy that he ever applied, consisted simply in the use of wet bandages, worn on the neck.]—En. W.-C. J.

ROUP CURED BY COLD WATER.

THE following case shows the curative effects of cold water in a very remarkable form. Our only son, six years of age, was taken with croup. A skillful allopathic physician was called, and we do not doubt he was attended in the most approved way. Yet the child continued to grow worse, until all gave him up to die. In this our extremity we sent for Dr. Schiefferdecker, a cold water physician, but as he was obliged to return to his establishment in the country, and the child not being any better, we sent for Dr. Weder, also a hydropathic physician, who applied cold water in such a manner as insured the most astonishing success, for after a few hours the child was out of danger, and in a few days entirely recovered. We and our friends, as well as many strangers who called upon us, were greatly surprised at this wonderful cure of an apparently hopeless case, and it created quite an excitement among our friends and neighbors, who knew of the severity of the disease. Since then we have used cold water in other diseases in our family, under the supervision of Dr. Weder, with the most marked success. We think it our duty to give this case to the public, that other parents, similarly situated, may find relief for their children, when ill with so distressing a disease, and also as a simple act of justice, and an acknowledgment of gratitude to Dr. Weder, for his skillful treatment and humane attention to our suffering child.

A. E. LOVELL, 176 North Third st.

The above case is by far the most dangerous of the many I have had the fortune to cure by hydropathy.

When I first saw the handsome and sensible child at 9 o'clock in the morning, he was lying in the arms of his weeping mother, and a daguerreotype was about to take the likeness of him whom all expected to lose a few minutes after. His whistling respiration and staring looks spoke loudly enough to the attentive observer. One of the relations present said it would be better to allow the patient to die in

peace, than to torment him with water, when a happy result was beyond reach.

Although I had myself only one glimpse of hope, I resolved upon venturing my reputation and the credit of the system, in order to save, if possible, a life so dear to many. THE CURE consisted in thick fomentations of ice-water on the head and neck, which were changed every two to four minutes, and another wet linen (fourfold) on the chest and belly, which was also often repeated. The feet and legs, which were icy cold, were rubbed with dry hands for seven hours, by four strong persons; the patient had several injections of 60 degrees, and water of the same temperature for drink. It was not before 5 o'clock in the afternoon, after seven painful hours, that I was able to announce to the sad parents the restoration to life of their beloved child. I shall never forget the impression of my words upon them. Next day, at 4 o'clock in the morning (for I stood all the time, except one hour, with the patient), the skin began to become moist, and one hour after the child was washed down with tepid water. At 1 o'clock the patient wished to eat something, which was granted. The rest of the cure was continued about the same way, only somewhat milder. On the seventh day the patient went strong and healthy out of doors.

Philadelphia, 1849.

DR. WEDER.

THE COD-LIVER OIL HUMBUG.

BY R. T. TRALL, M. D.

THE regular profession seem determined not to be outdone by the irregular trade, in the matter of discovering cures for consumption. Both have introduced to popular favor, within the memory of the "oldest inhabitant," scores of nostrums, more or less infallible. All have been tried faithfully, lauded extravagantly, certified strongly, and proved—delusions or cheats in the end. So it will continue to be, at least a few years longer; until the minds of the community are turned from this superstitious dream of specifics to the simple laws of being.

Any physician of considerable notice, say an author of a pretty large-sized book, or a professor in some incorporated college, has but to announce to the world "a new remedy," and the whole land is agitated from centre to circumference. Invalids are everywhere starting up, with hopes renewed, but to be again more cruelly deceived. All the drug-shop machinery is put in motion to manufacture the article or something similar. The doctors, anxious to keep up with the progress of science, run for the article, and prescribe it to all of the old, worn out, discouraged, drugged-to-death cases they have on hand. This gives a new impulse to business all round, and usually lasts for several years, when a new operation with a newer discovery supersedes it.

The bustling speculation of the day in this line with the regular faculty is that dirty, filthy, greasy, excrement called cod-liver oil. This is said to possess fattening properties, and as consumption is a wasting

disease, the inference has been drawn that it is the thing. Iodine has been tried on exactly the same principle. Old rum with new milk has actually "had a run" on the same beautiful theory. Those stimulating preparations of sweetened liquor, called "Sarsaparilla," are now having a race down the throats of people on that same principle which mistakes a fattening for a healing process. Reader, look into your neighbor's hog-pen (*you*, of course, do not keep one). Does the fattening process there carried on make the subjects of it healthy or sickly? Look at that portly, turtle-soup-eating Alderman. Does he become more healthy, or worse diseased, as his capacious maw extends in all directions? Of the cod-liver oil, the Boston Medical and Surgical Journal speaks:

"Such is the demand for this comparatively new article, as a hopeful remedy in pulmonary diseases, that the question is said to be agitated among the druggists where they shall obtain a winter's supply. When it is recollected that some of the manufacturers in Boston daily prepare several barrels, and that there are very many engaged in the same business in other cities, and along the whole Northern coast, for aught we know to Labrador, the quantity used by invalids is seen to be enormous. Consumption is a terrific malady, which annually carries off thousands upon thousands, and physicians have been obliged to confess their inability to stay its melancholy progress. Is it surprising, then, that an oil, which is represented on authority commanding respect, as a remedy that ameliorates the disease, and in many instances actually prevents the development of tubercles, should be sought for with avidity? Dr. Riddrey, now traveling in this country, [is he traveling as the agent of the manufacturers?] has carried his investigation so far in regard to the utility of cod-liver oil, as to convince many discreet and cautious practitioners, that if there is any reliance to be placed on any thing, in respect to arresting the destructive progress of some forms of consumption, it is this nauseous animal product. As we have more than once intimated, the quantity on sale of the genuine kind is probably not equal to the demand, and therefore unprincipled dealers and agents are thought to be resorting to gross and unpardonable deceptions, by substituting lard oil, and by putting into requisition the livers of any and every fish, indiscriminately that is brought to the surface."

LORD BYRON.—Notices of HIS LIFE AND DEATH.

Tertian Ague Cured by Water—Dislike of Compulsory—Methods to reduce it—Meat making him ferocious—Epsom Salts more stimulating than Wine—Bleeding. Blistering, and Phlebotomy in last Illness—Favorable Opinion of the Americans—MURRAY.

In Moore's Life of Lord Byron (letter 359), the poet says, "You inquire after my health: it can't be bad, for I cured myself of sharp tertian ague in three weeks with cold water, which had held my stoutest gondolier for months, notwithstanding all the bark of the apothecary, a circumstance which surprised Dr. Aglietti, who said it was a proof of great stamina, particularly at so epidemical a season. I did it out of dislike to the taste of bark (Peruvian), and succeeded contrary to the prophecies of everybody."

Byron was, when young, exceedingly fat, and as corpulency annoyed him, he had recourse to every possi-

ble means to change his temperament, and finally succeeded. At one time he lived for two months solely on biscuits and water, and was known, at intervals, almost to starve himself, allaying the pangs of hunger with smoking tobacco. Invited to a dinner party by a person unacquainted with his habits, he could partake of nothing on the table except potatoes, though on these he dined heartily, drinking as a beverage at the same time large draughts of vinegar. "Very little food sufficed him, and he preferred fish to meat, for this extraordinary reason, that the latter, he said, rendered him ferocious."

The various preparations of alcohol did not stimulate him, so purely nervous was his temperament. Letter 461: "I think you, (Moore), told me at Venice that your spirits did not keep up without a little claret. I can drink and bear a good deal of wine (as you may recollect in England), but it don't exhilarate. It makes me savage and suspicious, and even quarrelsome. The thing that gives me the highest spirits (it seems absurd, but true), is a dose of salts—I mean in the afternoon after their effect." It is also related of Dryden, and several of the older poets, that they always took medicine when they were going to write anything of importance.

In his last illness the physicians were desirous to bleed him, but this he violently objected to, alleging that he had promised his mother never to get bled, and that besides his aversion was stronger than his reason. "Besides, is it not," he asked, "asserted by Dr. Reid, in his Essays, that less slaughter is effected by the lance than the lancet, that minute instrument of mighty mischief?" On the doctor remarking that these observations related to the treatment of nervous rather than inflammatory complaints, he rejoined in an angry tone, "Then who is nervous, if I am not? And do not the other words of Dr. Reid's apply to my case, where he says, that drawing blood from a nervous patient is like loosening the chords of a musical instrument, whose tones already fail from want of sufficient tension? Even before this illness you yourself know how weak and irritable I had become, and bleeding by increasing this state will inevitably kill me. Do with me whatever else you like, but bleed me you shall not. I have had several inflammatory fevers in my life, and at an age more robust and plethoric, yet I got through them without bleeding. This time also I will take my chance." It would have been far better for him if he had, but his consent was finally gained by threatening him with insanity from the nature of his disease. He threw out his arm, and in an angry tone said, "There, you are a set of cursed butchers, take away as much as you like and have done with it." They seized the moment and drew out about twenty ounces, yet the relief did not correspond to our hopes, and during the night the fear became stronger than before. Restlessness and agitation increased, and the intervals of delirium became more frequent. Next morning the bleeding was repeated, but the symptoms of inflammation of the brain were stronger than before,

etc." Then follows an account of his continued decline: the harder they worked, the worse he got, and soon, with bleeding, blistering, and physicking, was hastened to a state beyond the power of his attendants to torture him more.

Byron thought highly of America, and greedily drank in all the praise that came from that quarter. In letter 456, he writes to Murray, "I have heard from England that my new books are well thought of, for instance, by American Irving, which is a feather in my cap." In letter 497, he also writes, "I would rather have a nod from an American than a snuff-box from an emperor."

RENVENUTO OLLINI — HIS CURE BY COLD WATER.

THIS celebrated mechanic, whose inventive genius surpassed the works of the ancients, and who was equally famed for medaling, jeweling, sculpture and architecture, was once attacked, while at Rome, with an inflammatory fever and strong determination of blood to the brain. He was at last given up by his physician, Norcia, who told his attendant, "As long as there is life in his body send for me at all hours, for it is impossible to conceive how great a power of nature is in such a young man; but even if it should quite fail him, apply these few medicines one after another, and send for me. I will come at any hour of the night, and should be better pleased to save his life than that of any cardinal at Rome." "When they were all gone out of the room I called, to Beatrice, who was near by, and begged of her to bring me a large basin which stood adjoining full of cold water. The girl ran directly and brought it. I desired her to hold it up to my mouth, telling her that if she would let me drink a large draught, I would make her a present of a new gown. Beatrice, who had stolen some things of value from me, and was apprehensive that the theft might be discovered, wished for nothing so much as my death. She, therefore, let me at two draughts swallow as much as I could swallow, so that I may say, without exaggeration, that I drank above a quart. I then covered myself with the bedclothes, and began to sweat and fell asleep." His attendant, of whose temporary absence he had thus taken advantage, as soon as he discovered the matter, soundly cudgelled the girl, and in great alarm sent for the doctor, who, to the surprise of all, found him so much better as to exclaim, "Oh! wonderful power of nature. She knows her own wants, and physicians know nothing!"

THE EMPEROR CANG-HI AND COLD WATER.—The bonzes or priests of China still dabble in physio. Thus some of them attempted to cure the famous Chinese Emperor, Cang-hi, of an intermittent fever, by means of prayers and incantations, assisted by frequent draughts of cold water, but failed.

DR. HARVEY AND THE WATER-CURE.—That the demonstrator of the circulation of the blood was a believer in the Water-Cure, may be inferred from his practice on himself. When he had the gout he would

sit with his legs bare, even if it were frost on the leads of his house. He would then put them into a pail of cold water, till he was almost dead with cold, then betake himself to his stove, and all was gone.

CLOTHING IN CONSUMPTION AND OTHER DISEASES.*

BY JOEL SHEW, M. D.

WHEN I put woolen on the feet, I suppose too much caloric was retained upon the surface, so that the difference between its temperature and the surrounding air was made greater; in other words, the air about the feet appeared colder than it really was, or greater at least than before. It is to be observed, too, that in all these cases, linen being thicker than woolen, may to some extent prevent circulation by its pressure; but the principal cause of the feeling of coldness which I experienced is, I think, to be explained on the principle to which I have just alluded.

I was myself, some years since, very feeble in health for a time. I judge no one can possibly be more sensitive to the unpleasant feeling of cold than I was; but, by persevering in cold bathing during one whole cold winter, with Croton water, in the city of N. York, and at the same time exercising freely, and living upon a well-selected diet of farinaceous articles and fruits, with a moderate use of milk, I became hardy and strong; and by the second winter of my experiment could endure cold apparently better than ever before in my life. I could then, as I do now, wear the same linen shirts, without under-garments of any kind, without any discomfort, and, as I believe, with positive good. True, when going from a warm room, I am in the habit of putting on an overcoat or cloak, which is sufficient to protect me from the cold; but as to my under-garments, they are the same the year round, and I wear no woolen whatever, except in the form of external clothing. Now in experience of this kind we see how much habit in subjecting one's surface to the cold has to do in enabling the body to withstand its effects.

That a mere warming of the surface, or increasing the temperature of the body generally, is of itself not sufficient to enable it to withstand the effects of cold, is clearly proved by the fact that spirit-drinkers always suffer most and die soonest under great exposure to fatigue and cold. Spirit we know stimulates the system; it increases the action of the heart and arteries, and makes the skin warmer; and notwithstanding it was looked upon for ages as being one of the best means of protecting the living body from severe exposures of this kind, it has been abundantly proved that water-drinkers always endure such hardships best.

The best rules, then, which I can give in re-

* From Consumption: its Prevention and Cure by the Water Treatment; by Joel Shew, M. D. Published by Fowlers & Wells. Price 50 cents.

gard to clothing for consumptive persons, as well as others, are these :

1. Remember always that we are much more liable to suffer from too great an amount of heat than from that of cold.

2. That our sensations deceive us on the side of warmth, and not of cold ; in other words, we cannot acquire the habit of being habitually too cold without feeling it, but we may easily acquire the habit of being too warm when our sensations do not tell us that we are so.

3. That soft, spun linen is of all substances the most cleanly, healthful, pleasant, and at the same time the most agreeable to the sensations, provided that in connection we are properly shielded from cold.

4. That we should always strive to wear as little clothing as possible, provided it be at the same time sufficient to guard the system properly against the changes of temperature to which we are subjected.

5. That whatever article is worn next to the surface, the cleaner it is kept, the oftener it is aired, the better. We should always change our clothing at least morning and evening of each day. This latter rule is especially practicable to the sick.

I wish here again to enforce the remark, that all changes to the less amount of clothing can be made much more easily in connection with tepid, cool, or cold bathing, managed according to the individual's strength. Tepid water even is in fact cooling to the surface, and is therefore to be ranked with the cold bath, which is suited to those who are in very feeble health, to consumptive patients in the last stages of the disease, and to all who are greatly debilitated from whatever cause. The less the strength, be it remembered, the less all cold can be borne.

Consumptive persons who are in the habit already of wearing woolen next to the surface, should not, as a general thing, especially in the latter stages of the disease, remove it all at once. Put first a linen shirt underneath it, or if that cannot be had, cotton, which is next best. In some cases, wearing two shirts of linen or muslin will be found better than to retain the woolen ; but whenever it is necessary let the woolen be retained, only do not let it come next to the skin. Should an individual, at first, feel somewhat colder for putting linen under the woolen, let the skin be well rubbed with the hand wet in cold water just before making the change ; it will then be easily borne. The individual may wrap up a little more externally at the same time.

Before closing what I have to say on the subject of clothing, I will remark in regard to that most excellent work, "The Principles of Physiology applied to the Preservation of Health, and to the Importance of Physical and Mental Education"—the author of which, Dr. Andrew Combe, is now no more among the living, and whose work I could wish might be placed in the hands of every family that can read—that I consider he made one radical error in his recommendation of flannel worn next to the skin. Certainly Doctor

Combe was in general a most accurate interpreter of the laws of nature ; but in this one, thing, he, like many others, was manifestly in error.

(To be continued.)

STRONG TESTIMONY—BOWEL COMPLAINTS.

MILTON, Stark Co., Ohio.

I WILL give some of the first results of the Water-Cure in this neighborhood, where it had hardly been heard of three months ago by a majority of our people. This place, and adjoining country, had been sadly afflicted with the epidemic, dysentery, which baffled the skill of the Regulars most effectually. Young and old, alike fell victims to its unrelenting attacks.

Scarcely one over the age of fifty, or under the age of ten, escaped death when attacked, under the regular treatment. I witnessed these things with regret, but could not prevail upon those afflicted to try what I felt confident was the only effectual remedy. My mother (aged fifty-seven) was at length attacked. After having tried several of the cure-alls, which only aggravated the intensity of the pains, she finally consented to submit to the Water treatment, which, in two days, removed all pain, and entirely checked all bloody discharges.

A second case, was that of a brother who had an attack, when a regular practitioner was called in, who gave an emetic, which failed in producing the expected result. Next, he gave him several doses of Dover's Powders to sweat him, which also failed. He thus spent two and a half days in his vain attempts. When he said he was at the end of his string, I was then called on to try the effects of water. When I came, I found him in a high general fever. I took him through two rubbing wet sheets, which allayed the general fever. By pursuing the course as nearly as possible, laid down by Dr. Shew, (which a person here, by the way, must modify considerably, at least in the *temperature* of the water, cold water being regarded as very dangerous,) notwithstanding all the difficulties that were to be encountered, (owing to the prevailing ignorance in respect to water,) the bloody discharges were nearly checked in about five days. Water was used to check the too frequent evacuations, for some time longer, with considerable success. When the danger was well nigh over, his wife came to the conclusion that Laudanum and Castor Oil *might* do some good, and could do no harm. I protested against its use, but all of no avail ; the Doctor had said that they could do no harm. I left, and water was dispensed with. After using Laudanum, Castor-Oil, and finally Crow-foot tea, for eight days, the evacuations became fearfully frequent, and I was again called in, and solicited to give another course of water ; to which I consented, on condition that he would consent to use the water as it *should be*, and leave medicine where it *ought to be*, to which he consented. In a short time, by pursuing the treatment as prescribed

in the Water-Cure Journal, for diarrhoea, the discharges were checked.

A third case was a boy, eight years old, who was attacked with violent pains, which continued for seven days, when the attending physician said he could not recover. Three days after, I was requested to apply water—that the boy must die, and the water could do no more than kill. Water was accordingly applied, and in about four days the pains were removed, and the bloody evacuations checked.

There were several other cases of slight attacks, checked very soon by the use of water.

We were indebted to the Water-Cure Journal for all the information in relation to the treatment of dysentery by water. A publication, by the way, worth ten times its present cost. The above are some of the good results of it.

THE AGE FOR CHILDREN TO LEARN TO SING.—

The earliest age—say six years—is the most appropriate for learning to sing; when the voice and ear, so obedient to external impressions, are rapidly developed, and improved, defects corrected, and musical capabilities awakened. With some children, a few weeks' practice suffices to change the entire character of their voices; which, though at first weak and indifferant, and of almost no extent, become strong, extended, clear, and in some cases of fine quality. The LUNGS, also, become expanded, by thus exercising the voice, and a consumptive tendency removed. Every child should LEARN TO SING.

REVIEWS.

CHRONIC DISEASES, especially the NERVOUS DISEASES OF WOMEN. By D. ROSCH. Published by FOWLER & WELLS. Mailable, price 25 cents.

We have space in the present number only to ANNOUNCE the publication of this very important Book, and to copy the Translator's PREFACE, and Author's INTRODUCTION, which, together, will give but an imperfect idea of the work.

"In the translation of the following work, I have hoped to benefit my fellow-men—to make them purer, truer men.

"I believe that many need but to KNOW that they were injuring themselves, their consorts, and their offspring, to rise superior to prejudice and perverted passion, as moral, intellectual beings.

"Then only can they stand in their true position, and then only can the race which follows be more worthy its god-like destiny.

"There are some passages in the work which I do not approve; but in justice to the author, I have published the whole. The world must judge it.

"I only hope it may make many a man 'the chaste husband of one wife.'—THE TRANSLATOR."

INTRODUCTION.—Who does not know that there are diseases of which almost every one in life is suffering, more or less; diseases which follow many to their graves, diseases which, because of their universality, attract little or no attention?

"Who is not surprised at witnessing the daily increase of hospitals, medical colleges, men, and books, and at the same time the frightful increase of human maladies?

"Whose heart is not filled with pity to see man-

kind suffering under such a burden of distempers, when he reflects that man came from the hands of his Creator as perfect and as healthful as the beast of the forest and the bird of the air?

"Who has not often heard the assertion, that all these evils are inseparably connected with the progress of civilization, while their true cause is in the violation of nature's laws? And who does not conclude that the judgment of civilised mankind must be erroneous, when digression from the path of nature is entitled 'THE PROGRESS OF CIVILIZATION,' while at the same time medicines are resorted to, in order to correct the consequences of their imprudence, and neutralize their follies?

"TRUE civilization must preserve the health of man, and make him happier; it must in every respect elevate him ABOVE the brute, and its progress must not bring him incessantly nearer to his dissolution, as has been the case with all nations which history has seen emerging from a state of barbarism, and passing through one of sickly refinement, into one of premature decay.

"The chronic diseases, and especially those so-called nervous diseases of women, are so various and so life-embittering, as to have always engaged a large share of the attention of medical practitioners; and very properly so, since we may safely say, that one half of all human misery would be removed, could these be annihilated, or even overcome.

"It is melancholy to contemplate those terrible hysterical disorders, those hydra-headed monsters, which transform the dwellings of so many happy families into the abodes of misery; those giants, which have for centuries withstood all the orthodoxy of the schools, and not only WITHSTOOD, but grown more luxurious daily; and which, when overcome in one form, assume ten new ones for the emergency. They are beyond description, and being so variously disguised, are seldom recognized, and thus secretly exert an influence of incredible power.

"If we knew that hysterics manifest themselves, according to their violence and circumstances, in the form of excessive tenderness, false sensibility, fear, pride, jealousy, disposition to slander, discontentedness, quick temper, revenge, intolerance, hypocrisy, untruth, inconsistency, weakness of mind, delirium, etc.; that they are accompanied by heat, congestion of blood in the head, cramps, convulsions, cold, chills over the body, sleeplessness at night and drowsiness by day, want of appetite, faintness, exhaustion, palpitation of the heart, and an infinite chain of morbid symptoms—if we consider these facts, we shall have the key to those ridiculous scenes, peevishness, and discord which are so frequent in married life, and which so often sap the foundations of domestic happiness; and we shall ascertain that not the HYSTERICAL woman, but the one who is NOT so, forms the exception to the rule.

"The wide-spread existence of these affections, which are to be met with, more or less, in every family, makes a woman (physically speaking) always a mystery, and produces those bitter disappointments which are so often the subjects of regret, and lead us to imagine that God has constituted woman incapable of the office which nature has assigned her, as no collateral agents can avail in correcting their deleterious influences, no scholar can explain their existence, and none of the countless treatises, which centuries have produced, can afford relief."

This work should be read by all married people, and especially by those contemplating marriage.

IN PRESS, and will be published early in January, 1850, WATER AND VEGETABLE DIET, by the celebrated DOCTOR LAMB, of London; with Notes and Additions, by JOEL SHIEW, M. D. Price, 50 cents.

CONSUMPTION, its Prevention and Cure, by the Water Treatment, with advice concerning Hemorrhage from the Lungs, Coughs, Colds, Asthma, Bronchitis, and Sore Throat. By JOEL SHEW, M. D. FOWLERS & WELLS, Publishers, price 50 cents.

In our next number, we hope to give a more comprehensive description of this valuable work. Orders for these works may be sent to the publishers, in connection with the names of subscribers for the Journal. Care should always be taken to SPECIFY which work is desired, and the number of copies wanted.

MISCELLANY.

THE DOCTORS COMING OVER.—Every week we hear of physicians of the drug school expressing their partial or complete conversion to the superiority of the Water-Cure system. Though they "come over to help us" at present one by one, the time is not far distant when the doctors of all other schools will wheel into the ranks of Hydropathy by whole platoons, or wheel out of the doctoring line entirely. The following communication from Dr. Spencer, of Boon, Indiana, is a specimen of many:—"I have been a practitioner of medicine for some years in this place, am well known, and though it is hard for the people to consent to let me try a new remedy, yet there are exceptions among them, and I have applied water with the best effects after other means had failed when I was confident that medicine could not save the patient. I have so many cases to relate that I hardly think it worth while to state particulars. I would ask any honest physician what can be done with medicine in a case of remittent fever with inflammation of the mucous membrane of the stomach? In such a case it rather aggravates the symptoms, but the wet sheet will produce the best effects. I have proved this to a demonstration. In difficult cases, and in fact in almost any case, unless the attendants have some confidence in and knowledge of the remedy it is hardly worth while to recommend it, as it will rarely be applied properly unless you stand over them yourself; this is one great reason why I do not use water more and medicine less.

"BURNS AND SCALDS.—I have been for many years in the habit of secluding as much as possible the burnt part from the air, but what I have proved to be the best means, is a wet bandage.

"As I am, for the first time, making a trial to communicate with you, and to add my testimony in favor of the great work of reform, I hope you will lay aside the critic. I wish you success, and shall try again to renew my list of subscribers. Hoping you will continue the Journal on as favorable terms as possible, in order that it may have a still more extended circulation, I am, with sentiments of high esteem, your friend and well wisher,

"ETHAN SPENCER, M. D."

LOCK'S PATENT PORTABLE CHAMBER SHOWER BATHS.—We have called attention to the excellence of these Baths before, yet again refer to them, mainly to answer questions which are frequently put to us by many of our readers. The prices of these Baths are from eight to eighteen dollars. They can be shipped conveniently to any port, by sea, lake, river, or canal. The cost for transportation when sent as freight is but trifling. They are so arranged as to be usable, even by a child, and are really quite ornamental. Every family should be provided with one of these superior Baths.

THE SPIRIT OF PROGRESSION.

The gloomy night is breaking,
E'en now the sunbeams rest,
With a faint but cheerful radiance,
On the hill-tops of the West.

The mists are slowly rising
From the valley and the plain,
And a spirit is awaking
That shall never sleep again.

And ye may hear that listen,
The spirit's stirring song,
That surges like the ocean,
With its solemn bass along!

"Ho! can ye stay the rivers,
Or bind the wings of Light,
Or bring back to the Morning
The old departed Night?"

"Nor shall ye check my impulse,
Nor stay it for an hour,
Until Earth's groaning millions
Have felt the healing power!"

That spirit is Progression,
In the vigor of its youth;
The foe-man of Oppression,
And its armor is the TRUTH.

Old Error with its legions
Must fall beneath its wrath:
Nor blood, nor tears, nor anguish
Will mark its brilliant path.

But onward, upward, heavenward!
The Spirit still will soar,
Till PEACE and LOVE shall triumph,
And FALSEHOOD reign no more.

MRS. SWISSHELM ON COLD WATER.—Mrs. Swisshelm, whom the country cannot afford to lose for a week, has been disabled for several weeks by an attack of *quinsy*—a constitutional enemy of hers, it seems—from which she is now recovering. She thus discourses on the remedy:

The only true remedy for these things is to keep the system in order, by obeying the laws of health, and we feel positively ashamed of having abused our health until we became so ill. We fancied we had overcome this, our constitutional disease, by simply bathing regularly, and taking care; but for some time we had neglected every rule, and deserved our punishment richly. We used to have it from once to four times a year, under the care of the best physicians. Gradually, we quit the doctors and gradually got rid of the disease, until we did not have it for five years. We have made up our mind now, never to have a symptom of it again for ten, for whenever we catch cold, feel stupid and miserable, we will be packed away in a cold, wet sheet until all the bad humors are soaked out of our system, and then there will be nothing for quinsy to feed upon. It will take a good deal of cold water to wash all the drugs out of our system, but the mill-race runs through the yard, and we will drink and wash until we turn into a fish, or get rid of a sore throat.

THE WATER-CURE JOURNAL is filled with reading matter that is more valuable for the preservation of Human Life, than all the drugs in the Universe—read it and profit by it.—Free Mountaineer.

LONGEVITY.—That personal habits have much more to do with long life than locality, is evident from the following statistics.

NAME.	AGE.	PLACE
ALBUMA MARC	150	Ethiopia.
TITUS FULLONIAS	150	Benonia.
ABRAHAM PAIBA	142	S. Carolina.
DUMITUR RADULY	140	Transylvania.
COUNTRESS DEMOND	140	Ireland.
JAMES SAND	140	Staffordshire.
WIFE OF DITTO	120	"
HENRY JENKINS	169	Yorkshire.
THOMAS PARR	152	Shropshire.
FRANCIS BONS	121	France.
A. GOLDSMITH	142	"
MARGARET PATTEN	138	Scotland.
WILLIAM ELLIS	130	Liverpool.
CHRIST. DRACKENBERG	146	Norway.
RICHARD LLOYD	133	Wales.
JAMES HAYLEY	112	Cheshire.
JOHN WILSON	116	Suffolk.
LOUIS CORNARO	100	Venice.
JANE REEVE	103	Essex.
MARQ. OF WINCHESTER	105	Hampshire.
AGNES MILBURN	116	London.

In this table, which we might have greatly extended, are included places of almost every variety of soil and climate.

"Venice, built literally in water; France, with its mild and genial warmth; the fierce and biting winds of Norway; and even the West Indies, proverbial for heats and moisture, being almost specific, as is thought, in cutting down the human stamina—have alike permitted longevity. Jane Reeve lived to a hundred and three, in the marshy county of Essex. Hippocrates lived to a hundred and four, in the delicious island of Cos. Albuma Marc reached a hundred and four, in the sultry interior of Ethiopia; and Drakenberg reached to within four years of that time, on the sterile mountains of Norway. Such contrasts seem to indicate that climate, except in extreme cases, and where the air is poisoned by the decay of organic matter, or such like causes, has little or no specific influence on longevity, and bid defiance to all efforts at philosophizing on the subject."

THE FEMALE DRESS.—A correspondent of the Water-Cure Journal, who professes to be a "Country Girl," prone to rambling in the woods, suggests a style of dress better adapted to such exercise than that which has prevailed from time immemorial. It is as follows:

Stout calf-skin gaiters; white trowsers made after the Eastern style, loose, and confined at the ankle with a cord; a green kilt, reaching nearly to the knees, gathered at the neck, and turned back with a collar, confined at the waist with a scarlet sash tied upon one side, with short sleeves for summer, and long sleeves for winter, fastened at the wrist; a green turban made in the Turkish mode.

"With such a dress," says this Amazonian innovator, "I can ride on horseback, row a boat, spring a five-rail fence, climb a tree, or find my way through a green-brier swamp, setting aside the extra feeling of wild, daring freedom one possesses when thus equipped and alone in the woods."

If so slight a change of costume can produce in girls generally any considerable part of those effects, even if they should not be able to stand wolves, wild-cats, or screech-owls in the woods, it is worth trying. The mothers of our American men are half-spoilt by being shut up in stove-heated rooms, which might be called *women-and-baby-kilns*—for they certainly do kill the courage and strength out of them.—*Boston Chromotype.*

We have another article on this subject, from

"Anonymous," which will appear in an early number. Our female friends seem in EARNEST in this matter, and are determined to AGITATE the subject, until a REFORM shall be established in WOMEN'S DRESSES.—*Eds. W. C. J.*

GENTLEMEN.—Last June I read for the first time several numbers of your Water-Cure Journal. I had before read "The Water-Cure Manual," but did not know of the Journal. I immediately subscribed for it, and have lent or given away several copies to my friends. Although I have as yet obtained but one new subscriber, I hope in time to secure many more, for I consider the Water-Cure as destined to triumph over all other methods of treatment, and regard it as one, and a very important harbinger of the "good time coming,"—the millennium, when holiness and purity will reign in the earth.

For a few months past, a friend of mine has been troubled with Bronchitis, in its incipient stages, combined with a derangement of the digestive organs. The regular physicians to whom he has applied, pronounce the bronchitis incurable, though it may perhaps be partially relieved. I, of course, have strongly pressed the merits of "Water-Cure," and have succeeded in prevailing on him to wear the wet jacket, and bathe every morning. But I feel that this is not sufficient to meet the case, that is, he needs a more powerful, general treatment. I think, perhaps, if I could find two or three instances where bronchitis has been cured by this treatment, with an account of the treatment, I might prevail on him to visit a Water-Cure establishment. P. A. J.

DR. TRALL'S WATER-CURE INSTITUTES.—The country establishment, at Oyster Bay, Long Island, has one of the finest localities in the world. New buildings are in process of erection, planned on a large and commodious scale. When completed they will afford the invalid one of the most attractive places of resort in the country. In consequence of their unfinished state the establishment has been closed for the winter. It will be reopened on the 1st of April.

His city establishment, at No. 15 Laight street, one door from St. John's Park, enjoys one of the most open, airy, quiet and pleasant situations in New York. It is provided with four bathing-rooms on three different floors, two of which are kept warm, day and night, through the cold season. The house is admirably arranged for winter treatment. It was opened nearly three years ago, and has always had an extensive patronage. A goodly company of invalids in various stages of progress toward health can always be found there, with a number of young gentlemen, who, having health, intend to keep it by learning the way of "eating to live." Medical gentlemen who remain skeptical as to the great cures pretended to have been done by water treatment, would do well to visit Dr. Trall's establishment. They will be welcome to call at any time, and can then and there see and hear for themselves "whether these things be so."

NEWS FROM GRAEFENBERG.—During the last year there were eight hundred and fifty-seven patients treated at Graefenberg, of whom only four died.

* See Consumption, its Prevention and Cure, noticed in the Review department, of the present number, for the treatment of this disease.

THE SPINE, ITS INJURY AND TREATMENT.—Two years ago I injured my spine just at the small of my back, by jumping; in consequence of which I was not able to labor, and at the expiration of one year it became very crooked and weak, and one of my legs was partly numb—I then called a physician, who applied a strong liniment, and a plaster to my back, and gave me large doses of physic now and then, for one month. This made me worse and worse. Then I applied to two other physicians, and both said my recovery was doubtful, and said sores must be made on my back as the most effectual remedy. I told them I resolved to die a natural death, for I feared they would kill me with such treatment. I then commenced the Water-Cure treatment at home under the direction of Mr. John Ball, one of my neighbors, who is noted for his unbounded benevolence, his deep reflection, and for his good success in the Water-Cure treatment. I have continued the practice for nearly one year according to what we could learn from the Water-Cure Manual, the Water-Cure Journal, and our experience, and now I am a well man, able to perform hard labor, such as chopping, rolling logs, and can even run and jump, and have not had a cold since I commenced the Water treatment.

WILLIAM WRIGHT.

North Eaton, Ohio.

THE SECRET OF WARM FEET.—Many of the colds which people are said to catch, commence at the feet. To keep those extremities constantly warm, therefore, is to effect an insurance against the almost interminable list of disorders which spring out from a "slight cold," and at the risk of being thought trifling, and of telling people what they know already, I beg to remind them of the following simple rules:

First. Never be tightly shod. Boots or shoes, when they fit closely, press against the veins of the foot, and prevent the free circulation of the blood. When, on the contrary, they do not embrace the foot too tightly, the blood gets fair play, and the spaces left between the leather and the stocking are filled with a comfortable supply of warm air. Those who have handsome feet will, perhaps, be slow to adopt this dictum; but they are urgently recommended to sacrifice a little neatness to a great deal of comfort and safety, by wearing what the makers call easy shoes.

Second. Never sit in damp shoes. It is often imagined, that unless they be positively wet it is not necessary to change them when the feet are at rest. This is a fallacy; for when the least dampness is absorbed into the sole, it is attracted further to the foot itself by its own heat, and thus perspiration is dangerously checked. Any person may prove this by trying the experiment of neglecting the rule; and his feet will feel cold and damp after a few minutes; although, on taking off the shoe and examining it, it will appear to be perfectly dry.

Did every one follow these rules, there would be no more cold feet.

CHRONIC ERYSIPELAS AND SALT RHEUM.—Extract from a letter from a missionary in Western Illinois.

"For one year and a half past I have been greatly troubled with a SALT RHEUM. It has vexed me so severely at times, that I have been apprehensive that I must stop preaching. Mrs. B. is so afflicted with a 'Chronic Erysipelas,' of eight years' standing, I have sometimes thought that the Hydropathic treatment might effect a cure. If you can give any information by which we could find relief, we shall be greatly obliged."

Chronic Erysipelas and Salt Rheum.—These complaints require a moderate course of general bath-

ing, and a rigid dietary system. The bathing applications should be tepid at first. The pack is the best single process, followed by tepid shallow bath or tepid wet rubbing sheet. Avoid pork, grease, salted meats or fish, and eschew salts and spices. The food can hardly be too plain, or coarse. The quantity also must be regulated by strict moderation.

SORE TEATS IN COWS.—P. Hallock gives the following directions for the management of cows that have sore teats.

Take a full pail of cold water, and wash and rub the sores well. Use the whole pail full of water before milking, which cools the teats, or reduces the fever, and the cow will stand perfectly still. After milking, use half as much more cold water, cleansing the bag and teats well, and in a few days the sores will be healed. This is not all the good you will receive. You will have clean milk, and that is the way to make clean butter.

MORE TESTIMONY.—Extract from a letter recently addressed to Dr. Roof, from one of his patients residing at Woodville, Miss. "My health has been improving all the time since I left you, though I have practiced no more of the 'Water-Cure' than simply a cold bath every morning. Occasionally I have taken a sitz bath during the day in warm weather, but not with any regularity at all. Wherever I go I am spreading the glories and successes of the Water-Cure, and mean personally to hold by it to my dying day. I am confident—indeed, I cannot be blind to the fact that it has done a great deal for me, and I am unwilling that others should be ignorant of its efficacies."—G. B. N. W.

WATER-CURE IN TROY.—Dr. N. BEDORTHA, who has been successfully engaged in the Water-Cure Establishment at New Lebanon Springs, is now at an establishment at No. 39 Fifth st., Troy, N. Y., where he has all the facilities for thorough treatment. He expects to return to New Lebanon Springs the 1st of May next. Those who wish to practice Hydropathy in the winter, which is for many diseases the best season, will find the establishment at Troy well arranged for that purpose.

REAL ECONOMY—PROGRESSIVE.—"Tobacco which has been chewed once, may be rendered fit for chewing a second time, by dipping it in vinegar and water and drying it in the sun. A colored gentleman in the city sells hundreds of pounds per week, which has been renewed in this manner. He can safely recommend it, as he has chewed all of 'it himself, and knows it to be genuine."—*Exchange paper.*

WELL, REALLY! improvements are being made in everything, and the above is not less valuable than novel—for, to judge of the almost universal use of the weed, and the alarming sterility of the old tobacco fields, we have occasion to anticipate a scarcity of the article to supply the demand, at no distant day; therefore, if the old quids can be regenerated so as to go through the mill again, the world will save hundreds of thousands of dollars annually. Besides, we like the idea in another point of view: the tobacco having been once used, has lost no small share of its nauseous qualities, and will therefore be more agreeable to the taste, and far less injurious to the nerves. This, truly, is a utilitarian age—verily, we live in a day of progress.

IN SYRACUSE, a city of TEN THOUSAND INHABITANTS, we regret to say, no bathing accommodations can be found. While there last September, at the great STATE FAIR, we stopped at one of the first class hotels, in the hope of enjoying a refreshing shower bath, after riding all day in the railroad cars. But, on inquiring of the landlord, we were informed that "*No such thing could be found in the City of Syracuse.*" Who will take the hint, and supply this most desirable of all luxuries to the jaded and worn traveler?

PUBLIC BATHS IN UTICA, N. Y.—Mr. WM. S. SEGAR, No. 46 Liberty street, is now fitting up a set of Baths for the accommodation of citizens, and such travelers as may have occasion to sojourn there. Of their NECESSITY no question exists, and we take pleasure in informing our hydropathic friends where they may find this luxury in Utica.

A FREAK OF NATURE.—Two specimens of a singular vegetable were recently taken from the garden of Wm. Choate, Esq., of Dery, N. H. Seeds of squash and watermelons were both planted in the same bed. The result appears to be a vegetable, half squash and half melon—in both cases, the melon the larger end, the squash the neck, and the line of distinction between the two is distinctly shown.

WE ARE HAPPY TO LEARN that our valued correspondent, Dr. E. A. KITTREDGE, of Boston, is doing a good business at his Hydropathic Institution, in Franklin street, where they substitute fun for physic, and wet sheets for blisters, &c. The New Englanders know who's who!

NOTICES.

"A NEW YEAR"—THE WATER-CURE JOURNAL FOR 1850—OUR IMPROVEMENTS, AND PROSPECTS.—With the present number we commence a NEW VOLUME. With prospects never before so encouraging, we are now enabled to present our readers with an additional quantity of the choicest matter on all subjects to which the Journal is devoted. Our types are new, paper good, and printing well done, as every one will admit.

CO-WORKERS in our HYDROPATHIC REFORM are daily increasing all over the land, and new subscribers are daily added to our rapidly increasing subscription list. We venture the assertion, that there is not another HEALTH PERIODICAL in the United States whose circulation equals that of the WATER-CURE JOURNAL.

TO EDITORS.—We most heartily thank our friends of the PRESS who have freely expressed their approbation in favor of our efforts to extend a knowledge of such subjects as we deem useful to the public. We have endeavored to publish matter that would have a bearing on the PHYSICAL, MORAL, AND INTELLECTUAL well-being of society.

How far we have succeeded in this attempt, a discriminating and intelligent public will judge: at all events, we have thus far been liberally patronized, and we have no reason to doubt but what our patrons have been satisfied with the results of our labors.

TO POST-MASTERS.—The facilities enjoyed by these Government officers for extending the circulation of such serials as they approve, are unsurpassed. It is not a difficult

matter for almost every POST-MASTER to obtain clubs of subscribers for the WATER-CURE JOURNAL. To those who have used their influence in our favor, we tender our most cordial thanks.

TO CLERGYMEN.—We have before intimated, that great interest has been manifested toward the Water-Cure Journal, by many distinguished clergymen. These gentlemen take occasion to recommend the Journal to those of their congregations who stand in need of PHYSICAL advice. And thus, they become doubly useful, by ministering to the "bodies" as well as to the souls of their felloes.

TO TEACHERS.—Of late, the science of Physiology is engaging the attention of teachers, and they are interesting themselves in the promulgation of the principles of LIFE AND HEALTH, without which existence is not desirable. In the WATER-CURE JOURNAL, these principles will be fully developed, and every teacher has it in his power to secure many subscribers in the district over which he presides.

TO REFORMERS GENERALLY.—It is not wise to attempt to reform mankind spiritually or intellectually, while their "BODIES" REMAIN in an "unclean" or unhealthy condition. You must, FIRST OF ALL, FEED, WASH, AND CLOTHE them, before any sensible impression can be made on their MINDS or MORALS. So, too, the "drugs" must be washed out of them, before any PHYSICAL improvement can take place. HYDROPATHY will point out the "RIGHT WAY" to begin, and carry out a UNIVERSAL REFORM; for if we can make men better *physically*, it follows that they will improve spiritually. These principles will be found in the WATER-CURE JOURNAL.

A TEMPERANCE JOURNAL.—We intend to advocate in the WATER-CURE JOURNAL "Temperance in all things." Nor shall we be a "feeble" advocate. If any mode of life is more in accordance with temperance principles, it is the HYDROPATHIC MODE, and it is our purpose to DRIVE HOME these principles, in a manner NOT TO BE RESISTED.

THE TWO PICTURES, OR HYDROPATHIC QUACKERY AND ALLOPATHIC QUACKERY.—We hope every man and woman will read that thrilling article in the present number, which appears under the title of THE TWO PICTURES.

TO CORRESPONDENTS.

READERS GENERALLY, will do well to read ALL our answers "TO CORRESPONDENTS," as they will not unfrequently find questions answered applicable to their own cases.

SORE MOUTH.—Having been afflicted for some time with an extremely sore mouth, caused by that obnoxious poison so universally employed by quacks for the treatment of disease, Calomel, I deem it proper to ask your advice in regard to the treatment necessary to effect a cure. I will briefly state my case:

About four months since, I had an attack of fever. A physician was called, and as is usual in such cases, calomel in the shape of cherry stones was immediately administered to check the malady. In a short time, however, I was, as I supposed, restored to perfect health. But in this I was sadly mistaken. In a few days I discovered the unhealthy appearance of my tongue to be increasing. It became covered with crevices and small lumps. These lumps, on being detached, were in the shape of small globules, which, on being compressed, were found to contain blood and water. My lips became exceedingly sore. I called on a physician of this place, who gave me little or no encouragement, stating that he

thought my tongue *could not be cured*. My diet has been of the lightest quality. Now, then, (I fear too late) I am resolved to test the virtues of the "Water-cure." Will you advise me as to the manner of treatment in my case?

Yours truly, F. A. B. SIMKINS, Canton, O.

When the system has been thoroughly "peppered" with salomel, a long course of the wet packing sheets is indispensable. The full treatment is generally useful; the dripping sheet with active friction is specially serviceable. The diet must be free from grease and salt; but little sugar or milk allowed. This plan, perseveringly pursued, will immortalize the body after a while.

W. G. H.—"In conversation with a mechanic in the employ of my father, he stated that he was formerly troubled with strong dyspeptic symptoms, his food frequently souring on his stomach, and causing sickness and vomiting, but that since he has been in the habit of chewing tobacco, these symptoms have disappeared, and the tone of his stomach has been restored. If this is so, by explaining the principle upon which these effects were produced, you will greatly oblige a young student of medicine who feels desirous of availing himself of every means of knowledge within his reach."

A morbid sensibility of the stomach is often paralyzed by narcotics, particularly tobacco. Although this may quiet appearances for a time, it is very far from restoring the tone of the stomach; but is, on the contrary, exhausting the nervous power to develop a worse form of disease hereafter. Such cures kill the body faster than the original disease would.

A SUBSCRIBER.—"What had I better do to warm and strengthen my system? Had I better wear flannel next the skin, as I have been accustomed to do?" Let flannel alone. You are doing very well as it is—have patience. A person who has been "almost killed by apothecaries," cannot get sound at a dash. If you are very chilly, drink less water at a time. If you do not warm up satisfactorily after a bath, use more friction with the dry sheet, or even flannel blanket, before dressing.

P. J. COLLINS, N. Y.—Your wife's case is apparently a serious one. The hoarseness and expectoration indicate incipient consumption, or a state which might easily run into it. This point ought to be positively ascertained. The safest way is to visit an establishment, or have the continuous directions of a competent practitioner. The case of the boy requires full general treatment, with a strict hydropathic diet. He, too, ought to be at a Water-cure awhile. In home-treatment, six baths, light douches, and rubbing sheet are particularly appropriate.

A POSTMASTER in Illinois reads us a lecture on the manner of conducting a hydropathic journal. He thinks the publication of Water-cured cases, and calling drug-practice hard names, will not tend to *convince the medical profession*. Why, dear, good man, we don't care four figs for the profession. We intend to *convince the people* that there is truth in our system. After we do this, we hope next to enlighten them in its practical application. Meanwhile, the medical profession must take care of itself.

D. W. B.—"A correspondent" wishes to know the causes of gray hair in youth. Original defect of constitution; bad physical management in childhood; intense mental application in early life; stimulating food or drink; employment of hair or head ointments, lotions, dyes, greasy mixtures, &c., &c.

M. G. wishes to know how to treat himself for the gravel by Water-cure. Gravel implies primary digestive derangements, with defective excretory functions. Restore these by general treatment—packs, rub-sheets, and plunges. When there is pain in the region of the kidneys, use tepid or warm six baths frequently; at other times cool or cold. An opening vegetable and fruit diet is especially desirable; salt and alkalies are particularly bad.

A. K.—Chronic catarrh requires persevering cool, then cold nasal baths. Very cold wet cloths, several thicknesses, applied over the eyebrows, are useful. These may be worn nights. Be sure as to the secretion of the liver; if not free, use general treatment.

S. M. H. has sent us an article on **VEGETABLE DIET**. It will appear soon.

BOOK NOTICES.

A PRESSURE of other matter prevents us from noticing a number of Books which have been sent us. We shall try to make room for them in our next.

NOTICES TO SUBSCRIBERS.

VOLUME NINE OF THE WATER-CURE JOURNAL commences with this number. The terms will be, for a single copy, \$1 00 a year in advance. Five copies \$4 00. Ten copies \$7 00 and twenty copies will be furnished for \$10 00.

ALL LETTERS addressed to the Publishers should be plainly written, containing the name of the Post Office, County, and State.

MONEY on all specie-paying Banks may be remitted in payment for this Journal.

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THIS JOURNAL will be sent in clubs to different post offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

FRIENDS and CO-WORKERS in the advancement of THE WATER-CURE will see to it, that every family is provided with a copy of this Journal for 1850.

A FEW MOMENTS' TIME is usually enough to convince every reasonable person of the great superiority of the water-cure system over that of all others; a complete knowledge of which may be obtained through the WATER-CURE JOURNAL.

FINALLY, it is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the LIFE AND HEALTH PRINCIPLES advocated and taught in the WATER-CURE JOURNAL.

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For either of the above, or any other works on Hydropathy, please address, post paid, Fowlers & Wells, Clinton Hall, 129 and 131 Nassau-street, New-York.

N. B.—Agents and co-workers will find it to their interest to engage in the sale of these and our other publications, on which a liberal profit may be realized.

FOR VOLUNTARY SUBSCRIBERS TO THE

PROSPECTUS OF VOLUME IX. FOR 1850.

THE WATER-CURE JOURNAL is published monthly, containing thirty-two octavo pages, illustrated with engraving, exhibiting the Structure, Anatomy, and Physiology of the Human Body, with familiar instruction to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete Family Guide, in all cases and in all diseases.

HYDROPATHY

Will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable, as the Water-Cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands, who were entirely beyond the reach of all other known remedies.

PHILOSOPHY OF HEALTH.

This will be fully discussed, including Food, Drinks, Clothing, Air, and Exercise, showing their effects on both body and mind.

REFORMS

In all our modes of life will be pointed out, and made so plain that "he that runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.



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N. B.—The new volume commences in January, 1850. Sample numbers sent gratis when desired.

PROSPECTUS OF VOLUME IX. FOR 1850.

TO INVALIDS,

No matter of what disease, the principles of Hydropathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

TO THOSE IN HEALTH.

Without health, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It will be a part of our duty to teach the world how to preserve health, as well as cure disease.

WATER-CURE AT HOME.

Particular directions will be given for the treatment of ordinary cases at Home, which will enable all, who may have occasion, to apply it without the aid of a Physician.

TO WOMEN AND MOTHERS.

It is universally conceded by all intelligent practitioners, as well by the old school as the new, that the Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to woman. The Journal will contain such advice and instruction as may be considered most important, in all these critical yet unavoidable cases.

Please be particular in writing the names of persons and places distinctly.

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with Notes and
Additions, by NICHOLAS T. FORSBY, M. D.

[Continued from the December No.]

We fail not often to find in such cases, after death from poisoning with it, the individuals' stomachs and intestines highly inflamed. (Mérot, Dict. des Sciences Méd.) To such grievous facts, it may be objected by the amateurs of the weed, that tobacco taken moderately will never lead to the multitude of disorders that we have described, and that instead of injuring our organs, it is like a magic being who appears to us to procure us the sweetest and most agreeable reveries.

Granted for the sake of argument, and we will take and discuss your side of the question. We find, in the article of tobacco, considered under the philosophical point of view of its use as a means of distraction, and seeming forgetfulness, the following reflections of Dr. Chamberet (Flore Médicale, tome 6, p. 205):

"We observe," says he, "that man, in virtue of his organization, experiences a necessity to feel that he is almost always unfortunate, either because of the ills with which nature inflicts him, or from the sad results of his blind passions, of his errors, of his prejudice, of his ignorance, &c. &c. Now, tobacco exercises a strong and lively, but temporary impression upon our organs, susceptible of being renewed frequently, at will; and persons become so habitual to the use of it, and fond of the stimulus, that they find at once in it the means to satisfy the imperious need to feel which so characterizes the human species, and be momentarily distracted from laborious and painful sensations that beset continually our species; that it thus enables us to support the heavy burden of life.

"But to proceed with tobacco, the savage endures hunger, thirst, and all atmospheric vicissitudes more courageously; the slave bears more patiently servitude, misery, &c. Among men who call themselves civilized, its assistance is often invoked against *ennui* and melancholy; it

relieves sometimes the torments of disappointment of hopes or ambition, and contributes to console, in certain cases, the unfortunate victims of injustice, and enables lazy people to while away a dull hour in mental vacancy."

This is certainly a brilliant apology for the use of tobacco; but without comparing ourselves to those tribes of savages, droves of slaves and lazy people, to whom this weed appears to render such signal services, will we not be permitted to say to Dr. Chamberet, that the remedy he extols to us so highly, is often worse than our complaints!

That the plant momentarily elevates the ideas, or at least withdraws them for some instants from their ordinary course, to be succeeded by a kind of stupidity, an apathy, a *laissez-aller*, to which many individuals are inclined, we do not deny; but also, like other errors and deplorable habits, do not many disorders and vicious inclinations follow in their train!

Most assuredly.

And when a person first commences the use of it, is there any guarantee that he will use it moderately!

Evidently not, for, unfortunately, he is as susceptible of the abuse of it, as of all joys by irritation; of these, we will enumerate the game, strong liquors, the passions, &c.; and as soon as a snuff-box is offered to him, or he smells the smoke of a cigar or pipe, the demon tobacco, that never ceases to tempt him, will not permit him to rest until he has taken one pinch or smoked one cigar.

Suppose we admit, though tempted every day, every hour, and every instant, we possess sufficient self-control and moral courage, as not to allow the poison time enough to produce its hurtful action; we ask him, how many smokers, snuffers, and chewers, despite the counsels of hygiene, and of common sense, do we not see, consume tobacco until they have fallen into a state of stupor and imbecility!

Besides, if, as is commonly written, the action of tobacco depends upon constitutional dispositions and hygienic conditions of the systems of the persons who use it, and the different quantities employed, how can you dare say that you do not dread its hurtful influence!

Behold that young and handsome lady who has

so many admiring friends, and who, to drive away the *ennui* that darkens her brow, or obscures her mind, makes, at the instigation of her husband, the acquisition of a snuff-box, promising herself to take only one or two pinches of snuff daily. Her sense of smell is at first keenly excited, and as the powder exercises a gentle and slight titillation of the mucous membrane of her nose, as the mirror of her eyes glisten with silvery tears, and as she feels the dreaded *ennui* that besets her disappear, she opens again, and again, the fatal box; the habit of snuffing has already taken root in her nose, and if you should meet her some time afterward, you easily recognize her by the odor of tobacco, that her breath spreads around her, by her dirty handkerchief and dress, by her nasal voice, by her dejected spirits, by her gaping mouth, by her nose plugged up with a black crust; and if she gestures in your presence, it will only be to cast her fingers unceasingly into her snuff-box, as if she had only preserved the instinct for that mechanical action.

Behold, on the other hand, that young man who has received, at birth, the most precious gifts that Providence accords to human nature, intelligence and health.

During the happy days of his scholastic struggles, he has gained the most beautiful victories, and his professors, happy to crown him with the laurels he so justly merits, applaud him for his success, predicting that he will take a stand in the highest ranks of society. Proud of all these flattering omens, and of the beautiful prism through which he beholds in such glittering colors the happy future, his mind, in which the germs of genius have been sown with the hand of God, expands every instant as it dives into the inexhaustible source of all the human sciences; but, melancholy to say, the day will come also, when the door of the orgies will be opened to him, and as nothing is more beautiful to the brilliant imagination of an impulsive youth, in a night of debauchery, than to see the sparkling gas of the champagne unite with the clouds of smoke that curl above his head, he will seize, for the first time in his life, a *cigar*; he will dirty his lips with its impure juice without for once thinking that a poison is concealed in the pleasure that he partakes of—a pleasure always renewed by its ashes, to lead continually to new desires and to new joys.

Oh, the poisonous *weed*! Though it makes him sick and loathe it the first time, it tempts him again, and as he “never surrenders,” the magnanimous youth resolves to try and gain another victory. He smokes, and smokes again; and if one or two cigars suffice him to-day, in a month he will smoke three, four, or half a dozen per day, and in less than six months he sucks the nauseous pipe: a thousand emotions will come then to lend him the charm of their seducing and deceitful reveries; then, an epoch will arrive when his soul, which had always been so calm and so happy, will awaken with a start—a shudder, as if it felt the breath of an ardent passion pass over it. Yes, he is a confirmed smoker.

Follow now this young man into the world, and soon, be well assured, you will see him tremble in a manner, as his mouth emits, like the crater of Vesuvius, those streams of smoke which conceal the borders of the gulf in which, sooner or later, his physical forces and moral faculties will be found to be extinguished.

Though his temperament may be bilious, nervous, sanguineous, or phlegmatic, yet a multitude of general disorders will not be long in coming to be grafted upon it by the deplorable habit he has contracted. At first, he complains of a slight headache; he desires much to study, but the pain is stronger than his will; then, as his muscles have already lost a part of their power from the secondary effects of the narcotic which has congested his brain, he throws himself carelessly and lazily in an arm-chair, whilst his head, obeying its own weight, rolls like an inert ball over his shoulders, and his heavy eyelashes involuntarily close, and he in vain endeavors to open them; the poison that his system has absorbed paralyzes all his efforts. Stretching, and yawning, and sighs, spring blusteringly from his oppressed chest; his automatic movements stiffen momentarily his body; his trembling hands are borne upon his eyes to try and raise the thick veil that obscures his vision; finally, fearing not to be able to escape the arms of Morpheus open to receive him, he lays aside his book to go and ask of his *idol* tobacco for a little distraction. Seizing a fresh cigar, he exclaims, I will study to-morrow; but on to-morrow he is nauseated and desires to vomit, for it is necessary to bear in mind that tobacco, in stupefying the brain, hinders it from reacting on the stomach; this latter organ not receiving its natural stimulus as usual, becomes inactive; the vital energy of this organ is soon destroyed, and the loss of appetite is manifested; and as, above all things, it is necessary to enable the mind to elaborate whatever is presented to it, this young man, who closed his book yesterday, from drowsiness, refuses to-day all kinds of food, in consequence of the disgust which it creates.

Here are, then, two important organs presiding essentially over the fundamental acts of life, which are suddenly found enchained, or singularly modified by tobacco.*

* Tobacco has the property of diminishing hunger. Ramazini says, that many travelers have assured him that tobacco chewed or smoked drives away the appetite, and that one can travel much longer without being oppressed with hunger.

Van Helmont says the same thing; he contended that tobacco appeased hunger, not by satisfying it, but by destroying the sensation, and by diminishing the activity of the other functions.

Ramazini adds, he has often observed smokers and chewers without an appetite, as well as great wine-drinkers, because their usage enervates the action of the stomach.

Plempius likewise remarks, that tobacco diminishes the sense of hunger, but gives another reason in explanation of the phenomena; he believes that, by the abundance of serum or saliva which flows into the stomach, and fills more or less this viscus, that the sense of hunger is appeased in consequence of its absorption, and not by its enervation or numbness.

Perhaps these two causes, adds M. Merat, from whom we borrow these details, contribute conjointly to diminish the sense of hunger.

But this is nothing yet: the habit of smoking will become so confirmed with him, that he will come to experience only a single pleasure, that of puffing and absorbing tobacco smoke every moment.

But this ecstasy of the senses, this continual enervation, in discarding from his mind the *ennui* that besets it, causes him also to forget his duties. Again, this being an acquired habit, diverts necessarily the desires from their direct course, and as a desire, as soon as satisfied, calls up another, the habit of smoking engenders a number of habits, the more unfortunate, too, in a manner, as he advances in life.

Do you not see already, there is no tobacco too strong for him! What will he do! Ah! my God! Since this poison has commenced to brutalise him, why will he go and drown his remorse, and exhaust the slight strength that remains with him with beer, wine, or alcohol! From this moment, the wisest counsels, and the strongest arguments that can be produced, will not turn him from his vicious inclinations; he will be seen day and night to abandon his studies, and leave his family, to visit the smoking-rooms and drinking establishments, and swell the crowd of loafers, the best portion of whose lives are spent in contact with the cigar, the pipe, and the glass.

Let us stop here, and close the picture. However, if after this young man has indulged in his favorite habits of smoking and chewing, and drinking spirituous liquors, for some years, we should chance to obtain a view of his exterior person, and dive into the recesses of his organization, what disorders will we not behold there! His face, where pallor and sadness are confounded, indicates a state of suffering; his muscles, formerly so strong, and so vigorous, now flabby and shriveled, are effaced beneath a tarnished skin; his legs tremble as he moves, for the marasmus, in devouring by degrees the mass of cellular tissue which covers his members, has dried up many of the streams of his material life. If we pass from his physical to his intellectual faculties, to interrogate them, we will find in place of that intelligence which was so rich and brilliantly announced, a short time previous, not idiocy, if you wish, but a state of vacancy and stupidity such that, if some day, in meeting him, you take a fancy to ask him only to call your name, with whom he has been united in the ties of friendship from his infancy, you will see him hesitate a long while before pronouncing it.

It is lamentable to relate, but his memory, imitating in this particular the smoke of the thousands of cigars that he has consumed, has finished, like their fumes, by disappearing and vanishing in the air.

Thus, grace to this unfortunate present, which, originating in the New World, has spread over the Old World, here is a young man (and thousands can testify to the same thing), born to shine some day, at the head of literature, of the sciences, in the legislative halls, or in the army of his country, who has become to celebrate, or acquire no other glory than that of having *cudgotted* pipes!

He has sacrificed his health and beautiful prospects at the altar of his *Idol*—the *Demon Tobacco*. How is it to be expected that an organization, which has not sufficient vigor to contend against the deteriorating influence of a weed so injurious to the human constitution, can be developed, and gain the strength which it requires, whilst habituating itself daily to the contact of such a poison!

Look at the people in the East, formerly so powerful, now so weak and extremely degraded, and tell us if they do not owe a part of their ignorance and degradation to this vice,—so fashionable among us! Tobacco increases the inclination that most men have to idleness, by destroying the idea of remorse, which complete inaction or laziness never fails to give rise. It dissolves family circles, so much cherished by decent men, from which the men and young bucks escape to go and smoke, and chew, and spit.

Just peep behind the curtains of the smoking-rooms of the United States, England, Holland, Belgium, France, Spain, Italy, &c., and see their inmates with shallow heads, and vacant minds, happy to be plunged in a sea of ambler and liquor, and enveloped in a fog of smoke, which seems to afford them more solid joys than the pleasures of ladies' society, and the sweets of the domestic fireside.

Is it not most astonishing, that civilized and decent men should lead such lives! It is well known, that during the manufacture of tobacco, there arises from the plant such strong and such unhealthy dust, as to cause great inconvenience to those engaged in the labor.

All writers on the subject describe the laborers as generally emaciated, tarnished, yellow, asthmatic, subject to colics, looseness, bloody flux, dyspepsia; but above all, to vertigo, headache, muscular twitchings, cramps, and more or less acute diseases of the chest, as we have frequent occasions to observe, either in the public walks, in the tobacco factories, or hospitals.

Thus, a substance so useless produces innumerable ills, and death even to those charged to prepare for others the most insignificant of pleasures.

There arise, indeed, particularly in summer, such quantities of subtle particles—dust—in tobacco factories, that the neighbors of them are much incommoded, and are frequently made sick at the stomach.

The horses employed turning the mills that grind and powder the tobacco, manifest the hurtful effects of the dust which surrounds them, by frequently agitating their heads, coughing and snorting. The laborers suffer much from headache, vertigo, nausea, and loss of appetite, and continual looseness. (*Ramazzini, Maladies des Artisans*, trad. de Fourcroy, p. 189.)

Those endemic diseases of which we have spoken, have spread with such violence among the people residing around and near tobacco factories, that in some countries, the wise precaution is adopted of establishing the factories outside of the towns; this precaution is particularly observed, at present, in France.

(To be continued.)

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the January No.]

N, Plates I, II, III, shows the Femur, or thigh bone; *h*, Plate I, head of the femur; *i*, Great Trochanter (runner); *k*, Lesser Trochanter; *l*, Outer Condyle of the Femur; *m*, Inner Condyle of the Femur.

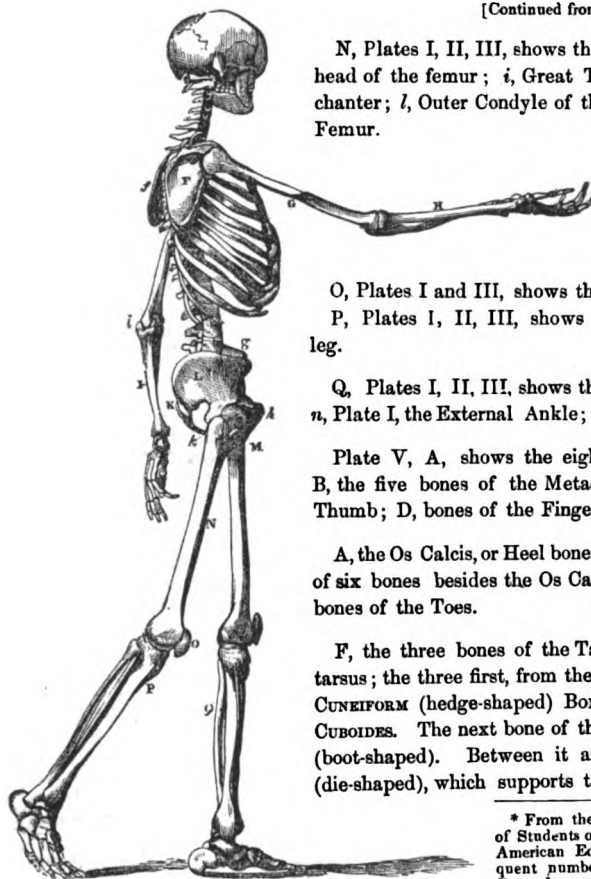


PLATE III.

O, Plates I and III, shows the Patella, or knee-pan.

P, Plates I, II, III, shows the Tibia, or largest bone of the leg.

Q, Plates I, II, III, shows the Tibula, or small bone of the leg; *n*, Plate I, the External Ankle; *o*, Plate I, the Internal Ankle.

Plate V, A, shows the eight bones of the Carpus, or Wrist; B, the five bones of the Metacarpus, or Hand; C, bones of the Thumb; D, bones of the Fingers.

A, the Os Calcis, or Heel bone; B, the Tarsus, or Instep, composed of six bones besides the Os Calcis; C, the Metatarsus, or Foot; D, bones of the Toes.

F, the three bones of the Tarsus, immediately joining the Metatarsus; the three first, from the inner side of the foot, are called the CUNEIFORM (hedge-shaped) BONES, and the small outer one the Os CUBOIDES. The next bone of the Tarsus is called the Os NAVICULAR (boot-shaped). Between it and the Os Calcis is the Astragalus (die-shaped), which supports the two bones of the leg.

* From the London Hand Book of Anatomy, for the use of Students of the Fine Arts. With Additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

PLATE IV.—BONES OF THE HEAD.

A, Os Frontis, or Forehead bone.

BB, Ossa Parietalis, or Bregmatia.

CC, Os Temporum.

DD, Os Sphænoideum.

aa, The Mastoid Process.

EE, Os Jugale, or Os Malare.

FF, Maxilla Superior, or Upper Jaw.

GG, Maxilla Inferior, or Lower Jaw.

H, Os Occipitis, or Back of Head.

I, Os Nasi.

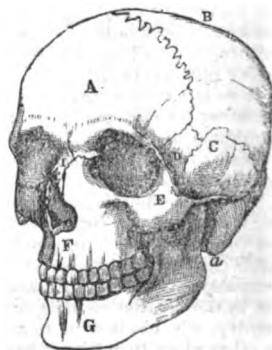
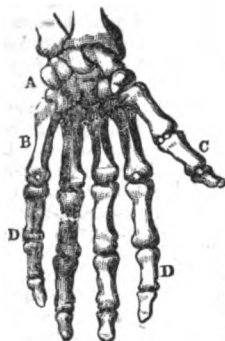
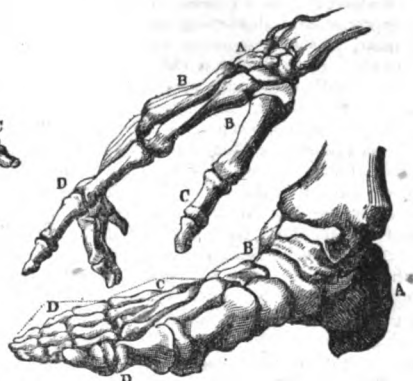


PLATE V.—BONES OF THE HAND AND FOOT.

- A, Bones of the Carpus, or Wrist.
- B, Bones of the Metacarpus, or Hand.
- C, Bones of the Thumb.
- D, Bones of the Fingers.



- A, Os Calcis, or Heel bone.
- B, Tarsus, or Instep, composed of six bones besides the Os Calcis.
- C, Bones of the Metatarsus, or Foot.
- D, Bones of the Toes.



Of the bones of the Tarsus, immediately joining the Metatarsus, the first three, from the inner side of the foot, are called the **CUNEIFORM** Bones; and the small outer one, the **Os CUBOIDES**.

The next bone of the Tarsus is called the **Os SCAPHOIDES**, or **Os NAVICULARE**. Between it and the **Os Calcis** is the **Astragalus**, which supports the two bones of the leg.

OBSERVATIONS ON PERTUSSIS, OR HOOPING-COUGH AND ASTHMA.

BY MARY S. GOVE NICHOLS.

In Dickson's "Manual of Pathology and Practice," we find the following respecting Pertussis:

"It is one of the specific contagions; often becomes epidemic; does not attack usually more than once the same individual, although this rule is liable to exceptions. Hence, it is most frequently met with in young children. It invades, for the most part, as a mild catarrhal fever. After a certain duration, the paroxysms of coughing become more and more violent, and protracted, and convulsive; rapid and repeated expirations are made with vehemence; and then a sonorous inspiration, whence the common name of **hooping-cough**. These paroxysms terminate with large expectoration, or vomiting.

"There is generally a considerable secretion of mucus in the air-passages, with a loud r le. Pulmonary inflammation sometimes arises, with fever and great dyspnoea (difficulty of breathing). In other cases, there is notable and prominent disorder of the digestive system, with diarrhoea. Not unfrequently, too, there is much determination to the head, and convulsions.

"The *causes* which occasion, or render more violent a paroxysm, are a full or indigestible meal, any forcible muscular exertion, mental emotion, exposure to cold and moisture, &c. The average duration of **hooping-cough** may be calculated from six to eight weeks. It may be prolonged indefinitely, by a renewal of catarrhal affections, with which it readily associates itself.

"**AUTOPSY.**—The traces found, in post-mortem

examinations of this disease, are not regular or uniform. It sometimes happens that no lesions or morbid changes can be pointed out. Most generally, however, the bronchial mucous membrane is irregularly reddened, and injected in patches; while, at the same time, there are marks of determination to the head and engorgement of the brain.

"The pathology of **hooping-cough** is not clearly made out. The majority believe it to be an inflammatory affection of the bronchial membrane.

"**TREATMENT.**—It is made a question whether we have the power to cure an attack of this singular malady."—After this confession, Dr. D. goes on to advise general and local blood-letting, emetics, purgatives, and expectorants. Amongst the medicines recommended are, *sulp. zinc*, *squill*, *ipsecac*, *camphor*, *opium*, *carb. of potass*, the warm bath, and mustard poultices. He farther says, "*Asafetida* is much extolled. Prussic acid is supposed by some to be almost antidotal. Of tonics, *cinchona* and *arsenic* are justly preferred."

The above is a condensation, doubtless, of the best allopathic medical authority in this country; and, with the exhibition of all these remedies in numberless cases down to 1842, when the work was published from which the above quotations are made, the results only enabled our author to say, "It is made a question whether we have the power to cure an attack of this singular malady."

I shall now proceed to give some facts respecting Water-Cure in whooping-cough.

Water-Cure is efficient in ameliorating the symptoms, and shortening the duration, of this disease, just in proportion as it is judicious and forcible. If we bathe a child daily who is attacked with the cough, and put a wet bandage around the chest, and regulate the diet, we soften the attack—the child suffers less—but we do not materially affect the duration of the disease: it runs on, very likely, its six weeks. But if we give a strong child the sweating-blanket pack on one day, inducing profuse perspiration, and the wet-sheet pack for an hour or more the next day, and bathe him thoroughly in cold water when he comes out of his pack, and in the morning, and also let him wear wet bandages day and night, and take a dripping-sheet rubbing-bath on going to bed, whilst the diet is spare and plain, we can cure whooping-cough in this patient in from seven to ten days.

In a weak patient, I give the wet sheet twice a day till the skin is moist, *not* till perspiration is induced, and I do not give the sweating pack. I have conquered the most violent whooping-cough I ever saw; so that it was not an inconvenience in a week, without the sweating blanket. I gave two or three wet sheets in the twenty-four hours. I prefer to sweat, when the patient is strong and able to bear it.

I have just "discharged cured" a child three years old, who was attacked with whooping-cough the first part of November. His mother treated him with water somewhat, but was not conscious that the child had the whooping-cough till he began to hoop. About this time, when the determination to the head was increased, the child was imprudently allowed to eat food of a very improper quality. He had been a delicate, scrofulous infant from his birth. A scrofulous issue had kept the umbilicus open till it was closed with adhesive straps, during the first months of the child's life. After being fed thus improperly, indigestion and high febrile action were induced. The mother, who is a judicious disciple of Water-Cure, was very ill, and the child had nothing done to relieve his fever during the night. In the morning, he was seized with convulsions. I saw him in the forenoon, after the first fit. I was not then told what he had eaten, and did not know that the convulsion depended on gastric irritation. I was left to suppose that it was in consequence of the determination to the head, so common at the accession of the hoop in this cough. To be sure, however, to reach all *possible* causes, I ordered injections, until the bowels should be thoroughly moved. I was obliged to leave the child, after ordering the enemata, and his envelopment in wet bandages. The attendants could not succeed in moving the bowels for some hours, and during the day he had two more violent "convulsion fits." At four p.m. I found him apparently dying from the third fit, though, just before it came on, they had succeeded in thoroughly evacuating the bowels. The little creature was nearly pulseless, did not appear to

see or hear, but lay relaxed like a rag. His extremities were cold, and the bowels much swollen.

I took him in my arms, and for four hours I remained with him. First, I fomented the bowels and the feet and legs with flannels wrung from hot water, and then rubbed him with my hands till circulation and warmth were restored. When this was achieved, I packed him in an entire wet sheet. In an hour, we took him out of this pack and sponged him with cold water, and rubbed him well. He was sufficiently revived to look about and speak to us, and I left him, with hope of his life.

For days he was kept on the smallest quantity of nourishment. For a time he was packed three times a day, and as many in the night; for the fever was very violent. The cough was cured in a week or two, but in its stead he had a fiery eruption over the whole surface, from the armpits on to the thighs. This was like a half-drawn blister, and exuded yellow and fetid matter all the time. He was kept wrapped in wet bandages, which were often changed, and packed daily, for two or three weeks, for an hour a day; after, for fifteen minutes; and later, every other day for an hour. In six weeks the boy was cured of all his maladies, and was very busy learning to walk. The eruption gradually healed. Its long continuance frightened some pretty good Water-Cure people, but I steadily refused to do anything to cause its retrocession, telling the parents of the danger of again causing convulsions by healing the crisis, by causing it to recede again into the system.

I consider the child's life as ten times more safe since this discharge of scrofulous matter. Have we not good reason to believe that this same matter was being discharged by the mucous membrane of the lungs, during the continuance of the cough, as the cough ceased as soon as the eruption appeared on the skin?

Asthma seems to me to belong to the same family as pertussis. These diseases are at least first cousins. In asthma, a larger portion of the mucous membrane of the lungs seems to be affected; hence, the greater difficulty of breathing. The constant exudation of glairy matter from the mucous membrane, filling the lungs, produces wheezing, panting, and makes great muscular effort necessary to inflate the lungs at all. Where there is expectoration of the frothy mucus, peculiar to asthma, (and which, by the way, closely resembles the matter expectorated in whooping cough,) the patient is relieved whenever the mucus is raised. In the worst cases of asthma, there is neither cough nor expectoration. I have seen a patient laboring under so terrible an asthma, that the face became black from the effort to breathe, and often a thick smoke alone seemed to save the patient from suffocation, by forcing the lungs to inhale, as slaves are forced to move by some dreadful chastisement. This patient had marasmus so that there was universal emaciation, prolapse uteri, renal inflammation, and general weakness. By the use of the sweating blanket, alternating with the wet

sheet, dripping sheet baths at night on retiring, sitz baths, the vagina syringe, and careful diet, this patient was enabled in *one month* to breathe freely. Expectoration, which had been very abundant, ceased almost entirely, and all the symptoms were removed or relieved. It were idle to suppose a case of this kind cured in this time. It will always take months, perhaps many months, to remove the tendency to the lungs, and establish that healthy action of the skin, and other organs, which shall insure the patient against a recurrence of the disease. Patient continuance in the cure brings the desired result in time. Some cases yield much sooner than others. My experience does not enable me to fix the length of time required for the cure of this disease, or to promise those rapid cures in many other diseases which patients desire, and which some physicians are imprudent enough to agree to perform. When people have been many years in causing a diseased condition, they must be at least as many months in removing it. Asthma is as controllable and curable by water treatment as almost any chronic ailment. Where the general tone of the nerves is preserved, and the patient is stout, and well in other respects, it is very easy of cure. Where the general health is to be restored, and other chronic ailments to be removed, the cure is necessarily protracted.

Asthma seldom appears early in life, though it is seen early in children. A predisposition is often derived from a vicious conformation of the chest. The position of children at school injures, in many instances, this deformity of the chest, though at times it is hereditary—born of a corset-compressed mother. Bad habits in children weaken the muscles that sustain the chest, and thus they become bent, the viscera compressed, and the chest permanently cramped and deformed. A first attack establishes a tendency to the disease. Paroxysms are excited by changes of temperature, by exposure to cold and wet, to the bad air of crowded rooms, to gases, and sometimes to odors. Food of improper quality and improper quantity, and taken late or at irregular hours, will induce a paroxysm of asthma in persons who are disposed to the disease. Violent exertion, any dissipation, and the exhaustion of the passions, are fruitful causes. Repelled eruptions are sure to cause the disease in those who have a tendency to it.

The regular allopathic treatment of asthma is by blood-letting, emetics, purgatives, and narcotics. Tobacco, stramonium, spider's web, lobelia, coffee, and opium are largely praised, and used for asthma, by the regular faculty. I have been guided in the treatment of asthma by the same principles as in hooping-cough. The treatment is substantially the same in both diseases. Water-Cure, properly applied, is eminently successful in both. The same treatment cannot be applied to the weak and to the strong, and people are beginning to learn that this is true in all diseases. The routine Water-

Cure doctor, who treats everybody alike, is beginning to receive just the amount of respect that his wisdom, or want of wisdom, merits. I think there is no branch of knowledge among the people that is making more rapid progress than the knowledge of Water-Cure. God speed it.

46 Lexington Avenue, N. Y.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 2.

Failure of Chemical Experiments—Imitation of Medicines—Adulterations of Medicine—Acquiring Experience—Druggists not alone in Imposition—Number of Drug Stores—Who Own the Drug Stores—Profit on Sales—Volunteer Patients—English Drug Importations—Sale of Patent Medicines—Composition of Patent Medicines—Consumption Syrops—Sarsaparilla Syrops—Red Drops—Soothing Syrops for Children Teething—Pills for Purifying the Blood—Cough Candies—Hair Oil.

FAILURE OF CHEMICAL EXPERIMENTS.—Though very anxious to understand chemistry, and for that purpose to repeat the experiments recorded in the books, I was deterred by the repeated failures that attended my attempts; success being so rare as to form an exception, although every direction was carefully followed. At last suspicion was excited in my mind that the materials with which I worked were not pure, and that suspicion was converted into certainty upon inquiry. I found, to my exceeding surprise, that so extensive was the system of adulteration of medicines, that the majority of druggists hardly hoped to obtain, at any price, genuine articles, and consequently bought, at the cheapest rates, whatever at all resembled the traditionary description of the required drugs, asking no questions for conscience' sake.

IMITATION OF MEDICINES.—So far had the evil advanced, that books were written purposely to enable chemists to detect the cheat. With one of the best of such works before me, and provided with a supply of chemicals, at high prices, obtained from a celebrated laboratory, I tested carefully the stock in the store, and, to my sorrow, found them, thus rigidly weighed in the balance, lamentably wanting. Our iodide of potassium, then so much used, had not enough of iodine in it to turn starch blue; our quinine showed no signs of ever being in contact with Peruvian bark; pounds of our calomel might be taken without injury to the system, as far as the injurious effects of mercury were concerned; and equally innocuous were both blue pill and blue ointment. In short, all the supposed valuable articles, as far as cost gives virtue, were alike worthless; and yet, under their presumed names, I was forced to sell them.

ADULTERATIONS OF MEDICINE.—Though these startling revelations forced me to regard the wholesale dealers indiscriminately as a pack of rascals, yet I modified this opinion, upon becoming acquainted with a few of the trade whose tone of mind was much more elevated. These worthy merchants would mix a little of the true with much of the false, or endeavor in some way

to sell an article whose medicinal qualities bore a resemblance, however small, to the type asked for. Thus, for James' powder (oxyd of antimony), they would furnish a compound containing a small proportion of tartaremetic; their opium would only be two-thirds composed of pill mass; their oil of bergamot would have an ounce at least of the genuine oil mixed with the lemon compound; and their otto of rose would be scented sufficiently to smell like the flower from which it was supposed to be distilled. Though others as well as myself admired this heroic conduct, in an era of time-serving, and traded with these upright dealers, proving that "honesty was the best policy," yet their example was but little followed.

ACQUIRING EXPERIENCE.—Much enraged at what my inexperience thought unwarrantable conduct, I delivered free lectures on the subject to those in the business with whom I came in contact; but they, taking into consideration my youth, and want of this world's knowledge, looked upon me with an eye of pity, and instructed me in a better way.

DRUGGISTS NOT ALONE IN IMPOSITION.—While conversing with a down-town dealer one day, he remarked, for the purpose of justifying himself, that in every business the same system was pursued, to increase its gains. "A wholesale grocer lives on one side of my shop," said he, "and an importer of foreign wines on the other. Before the grocery, large quantities of sand are weekly dumped, to be mixed with sugar, to increase its weight. Hogsheads of cider, and boxes of alum, and old boots, enter the importer's store as well as wines. He sells any quantity of the prime Port, and, from the pains he takes with it, certainly makes a fine article, worthy of its reputation. He dissolves one dram (sixty grains) of alum in three pints of cider, to which he adds one pint of brandy and a due proportion of log-wood shavings. By the substitution of nitric ether for alum, together with the addition of worn leather from boots, he can prepare saleable imitations of the celebrated wines of France and Germany. His Champagne is excellent, and is as good Jersey cider as I ever drank. Last week, you refused to get your mustard from me, and bought a keg at the mills, to insure its genuineness. By so doing, you procured some I myself had sold them, made of baked flour, colored with turmeric, and rendered acrid with Cayenne pepper!"

NUMBER OF DRUG STORES.—Another, while speaking on this subject, said, "New York City and other large places are as full of drug stores as they can hold: the red and green globes flare before you at almost every corner. The clerks, with some noble exceptions, (a bow from me,) are a lazy, ignorant, dissipated set, drudging for salaries that would be rejected by a wood-sawyer. Yet, small as their salaries are, they could not manage to exist by the sale of tooth-brushes and playing-cards. It is, therefore, absolutely necessary that the receipts from medicines sold should be almost clear gain. Did they pay a proper

price, and procure the genuine, they would infallibly starve. Such a state of things would have the effect of closing up *five-sixths* of the drug stores, and forcing their attendants to seek other business."

WHO OWN THE DRUG STORES.—At first I wondered why physicians tolerated such establishments; but my own position at once explained the matter. They are owned by practicing physicians, who expect to derive a means of living from the profits of their prescriptions, and who are forced to work, not for direct fees, but as runners to swell the daily receipts of a small business. How many unfortunates, thus situated, have I heard deplore the time when they first took a medical book in hand! Educated in total ignorance of the life that awaits them, as soon as they become M.D.'s, they are thrown upon their own resources, and discover too soon that it is hard work to collect a doctor's bill. I have known some book, at reasonable rates, \$1500 for a year's practice, and receive \$90! Not willing to leave the profession, and be sneered at as changelings by those who know nothing of the matter, or perhaps unwilling, from motives of vanity, to work with their hands, but one chance remains, and that is to open a drug store. There are exceptions; for, to my knowledge, not a few agents, auctioneers, conductors of railroad trains, and grocers, could write, if they choose, M.D. after their names.

PROFITS ON SALES.—Of course, such physicians lose no chance of dosing, and pill, potion, and powder are freely directed, and in such quantities, too, as to induce an observer, not behind the curtain, to erroneously suppose that enormous supplies of medicine are being taken. If the doctor cannot procure a store himself, he makes an arrangement with a druggist, who charges to his account every prescription that bears his signature, and hands over each week from 38½ to 50 per cent. of the gross amount. Many a fifty per cent. have I, in after times, paid doctors, and most gladly, too, as the following statements will show:

R. Sacchar. Alb. grs. xii.	Take White Sugar 12 grs.
Pulv. Rhei. grs. ij. M.	Powdered Rhubarb 2 grains.
Et div. in Pulv. No. viii. X.	Mix, and put in eight papers.

A single powder pays 6½ cents; more than one, 3 cents each; so that the above would be 25 cts. The labor and material costs under a cent; so that, after paying 12½ cents commission, over 11 cents clear profit would remain.

R. Tart. Ant. grs. v.	Take Tartar Emetic 2 grains.	Pare
Aqua Pur. ʒviij.	(pump) Water 1-2 pint.	Mix.
M.	Charge, with vial, 4d. 6d.; first case,	
X.	with vial, 2 cents.	

VOLUNTEER PATIENTS.—The last prescription was a favorite one with a certain doctor, who, by not coloring the mixture, gave rise to unjust suspicions that he ordered nothing but water. An incident occurred, however, that completely exonerated him from all such injurious surmises in future. One Sunday afternoon, he had directed his usual medicine for a child affected with some

symptoms of inflammation of the chest. One of the children of the family had been sent to the store with the prescription, got it prepared, and just returned as dinner was finished. It was on an occasion when several friends were present, and all had been eating heartily, and were in quite a merry humor. The vial was taken from the boy, handed around, and comments freely given. "It is nothing but water," said one. "I am sure of that fact," said a second. "I will take a dose," said a third; and the rest agreed to follow the example, and all thought it would be fine fun. Each joyously took a tea-spoonful, and in less than twenty minutes the proposers of the measure grew pale, deadly sick, and vomited; while the rest, either through sympathy or the effect of the medicine, followed the same course. In great alarm, the doctor was sent for; and, after some hours, all was right again, and things as before, except that the company were taught to distrust the evidence of the senses; and the doctor's reputation received an impetus, the force of which is not wholly spent at the present day. Though the instances given of the first cost of prescriptions are extreme, yet it would be difficult to write one whose retail price would be two shillings, and first cost more than two cents.

ENGLISH DRUG IMPORTATIONS.—In former days, the markets were filled with the most wretched articles of English manufacture, the exporters relying on American ignorance to escape detection. What would have been unsaleable in any other part of the world, was shipped to our shores by the cargo, and so greedily received, that, not content with palming off the worst upon us, they actually began to manufacture imitations, expressly for Yankee land. When at last discovered, the evil had risen to so great a height, that legislative interference became necessary for our protection, and Congress was forced to pass a law, appointing special inspectors to be attached to the custom-houses of our chief sea-ports. Last year, as an instance, the agent at New York threw overboard several thousand dollars worth of medicines as worthless. Though the connivance of importers still floods the market, yet the check has a decided effect, and will tend in a measure to remedy the evil.

SALE OF PATENT MEDICINES.—In my day, as in the present time, the drug stores were filled with all kinds of patent medicines, from the sale of which they derived no mean item of their receipts. It was before the proprietors of such compounds had their eyes fully opened to their danger, and were only too anxious to have drug stores for their agencies. When a bottle of a particular stuff was sold only now and then, no special attention was paid to it, and the purchaser could procure the genuine, without bestowing a world of trouble in examining the figures and signature on the labels, as he would a bank note by the "Detector." But if the medicine was advertised, and there was a good run, the matter assumed a different character. Fac-simile labels

and bills were easily procured, and an imitation soon prepared and dispensed. Just enough was ordered from the proprietor to ward off suspicion, and keep him advertising; though, no doubt, many a poor fellow thus placed has wondered that his pocket did not fill in a commensurate ratio with his growing fame. At last, however, the secret leaked out, and the knowing ones attempted to ward off sharing the profits with the drug stores, and so put their medicines for sale in fancy shops, groceries, and bakeries; but all in vain, for the preparations were imitated, and so much undersold to the agencies, that they readily bought them, playing the apothecaries' game at second hand.

COMPOSITION OF PATENT MEDICINES.—It is difficult for one person to keep a secret; but when a large number are in possession of it, its retention becomes almost impossible. In this manner the employees of patent medicine traders, in the nature of things, discover the composition of the remedies, and the matter soon becomes public. Probably the great number of imitations perfectly represent in every respect the Simon Pures; so that no harm is done the public or any one else, except that the original getter-up pays more than his share for advertising. Many of these dealers are great geniuses, if, as some suppose, that genius is the faculty of discovering resemblances between things too remote for the common mind to link; for the names of many of their medicines have no connection whatever with the ingredients supposed to be represented.

CONSUMPTION SYRUPS.—Within the last ten years, fortunes have been acquired by the sale of syrups of liverwort, for the cure of consumption. Not a particle of the herb from which they are named do they contain; and perhaps it is well they do not, as the plant has little or no medicinal properties, and the syrups are useful at times in diseases of the mucous membranes. They owe the power in consequence of holding suspended a solution of balsam of copaiva in sugar and water—one ounce of the balsam to a quart of syrup. A pint bottle, sold for a dollar, costs about eight cents, all expenses included. The liverwort is now giving place to wood naphtha, made in the same way, and at nearly the same price.

SARSAPARILLA SYRUPS.—The peculiar flavor of sarsaparilla is well imitated by wintergreen; so that wholesale dealers, for soda-water purposes, dissolve some two ounces of the oil of wintergreen in half a pint of alcohol, and put the mixture into the bung of a barrel of fair molasses. Replacing the bung, they roll the barrel about until the whole is well mixed, and then, shaking occasionally, draw freely. For medicinal purposes, into every quart bottle of the molasses, thus prepared, two grains of muriate of mercury, (corrosive sublimate, or bed-bug poison,) dissolved in a tea-spoonful of alcohol, is introduced. The poor victim, while swallowing his dearly-priced poison, is congratulating himself that he is too cute to employ a mercury doctor to salivate him. The herb whose reputation is so widely extended is inert, and the corrosive sublimate is added to

make it active, which most of these syrups are in a certain degree.

RED DROPS.—The many advertised preparations under this name differ only from the *sarsaparilla panacea*, in being much stronger and more dissolved in colored alcohol, without the addition of syrup.

SOOTHING SYRUPS FOR CHILDREN TEETHING.—These are made by mixing an ounce of the solution of morphine (the active principle of opium) with a quart of simple syrup, and coloring with saffron. As they are directed to be merely rubbed on the gum, it is only now and then that an infant dies from their administration; their general effect being to induce a deadly lethargy.

PILLS FOR PURIFYING THE BLOOD.—Morrison's pills were the great specific for all disorders in my day; Brandreth's superseded them, and for a time gained pre-eminence; and now the honors are divided among some half dozen. They are all composed of the same ingredients—aloes, gamboge, and Castile soap—generally in equal proportions, though sometimes varying, if gamboge is dear. It is the property of aloes, the moment a sufficient quantity gets dissolved in the stomach, to cause the bowels to throw off their contents, of course including the medicine. It may easily be perceived that in ordinary cases the quantity of pills taken does not intensify the effect; and thus the vendors constantly reiterate, "Don't be afraid—take plenty—dose from two to sixty or seventy!" Now and then, from some unlucky obstruction in the bowels or inactivity of the stomach, so much of the mass becomes dissolved as to kill before it is ejected.

COUGH CANDIES.—These are now the fashionable remedies. They are made by adding a solution of tartar emetic to the molasses or syrup, which is boiled down to form the candy. They are elegant preparations, without smell or taste beyond what the sugar gives, or the vender adds. I am sorry to say, that cough candy is a highly dangerous luxury; not only occasioning sickness at stomach and vomiting, but also that it is not a very difficult matter to swallow enough, from the poison it contains, to cause death.

HAIR OILS.—In reviewing the syrups, candies, and pills, I have given information enough to put the public on their guard against advertised infallibilities; so that if any of my readers will bite when the bait is presented in future, they may at least be aware that a hook is concealed, and have the grace not to grumble when caught. I have not thought it worth while to mention the poisonous compounds sold under the name of cosmetics; for it is not probable it would deter those who use them from *beautifying* themselves. I would mention to those in the habit of using "hair oils," that they purchase from those vendors who make their "bears' grease" from fresh lard, and do not scent it too highly, as salted lard and essential oils are apt to grizzle the hair and give it a reddish color, on account of the irritation they excite. For those who will *gloss* the covering of their craniums, Macassar oil is the best. This is a valuable preparation, imported

from the Orient by a London house. It is obtained by distillation from a rare and costly plant, and the secret was obtained from an Indian (East Indian) princess—that is to say, it is made by adding an ounce of Alkand root (a drug which imparts a beautiful red color to oils) to a gallon of good olive or sperm oil, allowing it to remain until the desired tinge is imparted; and then, after the whole is filtered, scenting with oil of thyme.

The reader is by this time pretty well acquainted with the portals of the temple; and the next number will introduce him into the structure itself, in the shape of a Medical College.

TREATMENT OF CASES BY PRIESSNITZ.

BY DR. ROOF—FROM HIS GRAEFENBERG JOURNAL.

ACUTE BRONCHITIS.—Mr. G——, a gentleman from Tyrol, had been troubled a long time with a spasmodic cough, accompanied by a sore throat. His constitution had been much impaired, and his health in all respects quite destroyed by a long residence in a hot and debilitating climate. In this prostrated state he came to Graefenberg. After being about two months under treatment, he was attacked with acute bronchitis. Priessnitz ordered fifteen Leintuchs (packing sheets) per day. Five were to be in immediate succession of half an hour each, except the last, in which he was to remain longer; from this he was placed in a tepid shallow bath, and rubbed for half an hour, having water poured occasionally over the head, and during the half hour going at least three times into the wanne (plunge), then a little exercise in the room. This process was repeated until the fifteen were taken, five at a time, and followed by the tepid bath; if strength failed for exercise, he went to bed. Drank water frequently, in small quantities. During the intervals the patient was sometimes attacked with chills or fever; in either case he was put for a short time in the cold bath, and rubbed briskly. Umschläge, (bandages) quite wet, were worn around the throat, and changed every half hour. This treatment was continued about a fortnight, when the inflammation entirely subsided, and the throat was cured, not only from this acute attack, but the old chronic difficulty disappeared.

During this treatment, the patient's diet was sour milk only.

ACUTE HEPATITIS.—A gentleman suffering from chronic hepatitis of long standing, came to Graefenberg for cure. While under treatment the disease assumed the acute form. Mr. Priessnitz ordered leintuchs, morning and evening, and tepid bath for half an hour after each, being constantly rubbed; and occasionally plunging into the cold bath, but always returning immediately to the tepid. He then took a little exercise. During the day three or four sitz baths were taken, of one and a half hours each, in cold water; changing the water every half hour, and rubbing the diseased parts constantly. Bandages, covering the region of the liver, were continually worn.

This treatment was continued about six days, when the disease was conquered and the patient cured.

HOOPING-COUGH.—Envelop the child in the wet sheet in the morning for half an hour, or more, which must be followed by a tepid shallow bath, (say 65°). In the evening, rubbing sheet. Well-covered bandages should be worn on the throat and chest, and changed as often as they become dry. During violent attacks of coughing, rub thoroughly the throat, chest, back, and soles of the feet, with hands dipped in cold water. The patient should be assiduously watched during the time of the envelopment, in order to guard against a paroxysm, which might come on whilst in it. Should this happen, the child should be raised up or held in the arms. The patient should be allowed to drink freely of water before breakfast, and at any other time when the stomach is empty. The water used should be tepid (60°); entire cold water would too much affect the already excited organs of swallowing. The patient should also be directed to exercise in the open air, but be carefully guarded from taking cold. The chest especially should be well covered, and the feet kept perfectly warm. Hot rooms to be strictly avoided. Diet should consist of plain, simple food.

FOR WORMS.—Wash the entire body, every morning and evening, in tepid water. Also give three or four injections of water, at 65°, every day (from four to six ounces each time), and let the child drink copiously of water. Apply to the stomach and bowels wet bandages, carefully covered, in order to prevent taking cold while in the air. This will generally be sufficient to expel the worms. Very often, however, a stronger treatment is necessary; in this case, envelop the child in the wet sheet every morning, for half or three fourths of an hour, and after it, give a shallow bath at 70°. Also give sitz baths in the afternoon, from twenty to thirty minutes. This treatment should be continued some time after the worms have been expelled. The diet should be very strict, avoiding all heavy, flatulent, and greasy food.

In our next number, we shall report the following cases:—Prolapsus Uteri, Spinal Irritation, Dysmenorrhœa, Catarrh, General Debility, Jaundice, &c.

LEGALIZED HUMBUGGERY:

A CASE OF TYPHOID FEVER.

BY DR. WM. A. ALCOTT.

THE views I entertain in regard to the present practice of medicine, and the value I set on water for remedial purposes, may, in some good degree, be inferred from the following statement of facts:

A few months since, as I was about retiring to rest, one night, I received, by Telegraph, the following communication:

"For Dr. Wm. A. Alcott, West Newton, Mass.
"J. B. is but just alive—deranged—Dr. Alcott is requested to come on immediately."

Availing myself of the first opportunity to tra-

vel by railroad, I was soon on the spot, though the distance was nearly 150 miles. Just before I arrived, I met with his physician, who said, "J. is rather better."

I found him under the care of his wife and sister, as attendants. As they resigned their charge to me, I asked to see the directions; upon which the sister produced the following, written in pencil, by the physician.

"Give a tea-spoonful of the Quinine mixture, at 5—	9—1
Give a powder (Dover's powder) at	6—10—2
Give a tea-spoonful of Nitre, at	7—11—3
Give two tea-spoonfuls of brandy, at	8—12—4."

Till this moment I had scarcely thought of departing from my own rule, viz.—Follow the prescription of your physician, or else dismiss him at once. But I now looked at and examined the patient, and studied his case. He was about 34 years of age, of general good health and habits, nearly six feet high, and tolerably muscular. He was, however, a little inclined to scrofula, and he had of late used some tea and tobacco. But by a series of recent infractions of physical law, and in consequence of embarrassment in his affairs, he had become greatly depressed in body and mind, and had sunk down into a severe typhoid fever.

His mental derangement was nearly gone when I arrived, but there was still much fever, sleeplessness, a dry skin, and large bilious evacuations. I had come as an attendant, and not as a medical adviser; but I resolved to act for the night, both as physician and attendant.

I saw very clearly that what he most needed was rest and sleep; and this I resolved he should have, if possible, whatever became of the medicine, or the wishes of the physician.

Meanwhile, I sat by his bedside, and continued to study his disease. What does all this mean? I said to myself. Why all this array of warlike implements? What indication is there of the necessity of alcohol, quinine, morphia, opium, ipecac, nitre, &c.? He is burning with fever; shall we add fuel to the fire?

My mind was soon made up. Although habit and blind feeling (feeling is always blind), the physician, a wife, two mothers, and several other friends were against me, I resolved to do what I could.

The medicine was untouched; and he was suffered—indeed, encouraged—to sleep all he could. This, it is true, was very little; but then it was much to him, with such an agitated nervous system. Whenever he awakened from a brief nap, I asked him if he would have some water; and generally obtained an affirmative reply. At first he drank it very cautiously, but at length pretty freely, especially when his fever was high.

The physician came at daylight, and pronounced him "doing well." I told him, frankly, what I had done, and why. He treated me in his usual gentlemanly manner; but, with his views, could not of course approve of my omitting the quinine and brandy.

But I was now fully resolved to pursue my own way, and "take the responsibility." I com-

municated the secret to his sister, who was to aid me that day, and who, as I soon found, had given him no medicine for the twelve hours next previous to my arrival. She did not hesitate to unite with me in carrying out the no-medicine plan; and to follow me in the use of water, both externally and internally, especially when he was hot and dry.

All now went on well for several hours, till one or two highly bilious evacuations renewed the fears of those around him, that diarrhoea would come on, and induced them to urge the use of the stimulants, and indeed to give them in part, when I and my "colleague" were absent. And during the early part of the succeeding night, and till two o'clock next morning, he came again under a full quinine and brandy treatment. At this hour I was again at my post. There was an increased dryness of the skin, and tightness of the pulse, though he still slept quietly at times, was perfectly sane, and breathed freely.

The next morning the physician took me aside, and with due deference to my superior years, &c., insisted on a continued use of the stimulants. I remonstrated, but could not convince. Besides, the attendants generally had become so far acquainted with my "heterodoxy," as to become alarmed. As I was now obliged to leave him, I deemed it best, in order to give the patient a chance of recovery, "in spite of medicine," to "give up the ship."

I did not, however, wholly abandon him till the third day, but continued to give him water whenever I could. I also had his feather bed exchanged for a straw one; ventilated the room frequently, &c., &c.; all which the physician approved *after it was done*. But on the third day, finding him not at all improving, and the physician and principal friends incorrigible, I left him.

For three or four weeks he continued suspended, as it were, midway between life and death—with a preponderance, for the most part, downward. More than once was he "given over" by his friends; and once at least by his physician. The strong medicines were plied from time to time, as he was able to bear them; though always with doubtful results. The use of water, though not absolutely forbidden, by the physician, was deemed a thing of no consequence by his attendants; and indeed, for the most part, denied him. One individual—the sister—persevered in her entreaties, that this most grateful agent might be allowed him, and that the medicine might be omitted, as it evidently increased the temperature and dryness of his skin, if not the mental aberration. But her entreaties were in vain.

However, the young man recovered, in spite of medicine, as mankind often do. Human nature is tough. Mankind are made to live, rather than to die. But they sometimes live under circumstances to which death might be preferable. This young man was left with a large ulcer on the loins—a fever sore, I presume, it will be called—but which I prefer to call a *medicine* sore. His constitution is, moreover, much impaired. Of his purse I need not speak.

The following is extracted from a letter written to his physician, when he began to be convalescent—to which the writer has as yet received no reply.

"I was not without hopes (this was at my arrival) that you would adopt the no-medicine treatment. But I soon discovered the difficulties under which you labored, and they seemed likely to be insurmountable. I saw *first*, that you entertained a sort of confused confidence in medicine *per se*. *Secondly*, that if you were to adopt my plan (orthopathy), you would feel yourself in the condition of David in Saul's armor. *Thirdly*, that you would have had all the friends of the patient except E, and perhaps one more, against you. The patient, it is true, would have been with you, except for the faithlessness of the rest. In these circumstances, what had I to expect, or what had you? Who could have withstood the fears, and croakings, and insinuations of near relations? Take away their dearly beloved medicine, and like the man of Mount Ephraim, they exclaim, 'Ye have taken away my gods, and what have I more!'"

Now, sir, can you have a doubt that except on account of these difficulties J— would have recovered much sooner without medicine than with it? It were impossible for me to have. I am perfectly satisfied that so far from requiring brandy, morphine, quinine, or any other active medicine, the case was one which only required to be let alone—except to give nature a fair chance. I mean that it was so in the abstract.

If your patient recovers, he will recover *despite* of the medicine he has taken, and not *on account* of it; nor will his constitution be as good afterward as before. Such cases, I say again, are far less manageable *with* medicine than *without* it. And when I say this, I mean what I say. I care not (so much) whether it be given by a physician of the old school or the new; whether he be a botanic or a mineral man—an allopathist, a homeopathist, or a hydropathist.

The truth is, dear sir, that while I am a believer in no system of medicine, I am, in a certain sense, a believer in them all; for there is something to be learned from them all! They are all leading us to one grand issue, which it is not at all difficult to predict. Within a short time—it may be 500 years, for that in history is a short time, but it may be in 50—all sensible and truly learned medical men, as a general rule, will give no medicine at all. Their object will be to place their patient under the laws of God, physical and moral. And they will then be able to do this; because the public mind will be so far enlightened that the difficulties you and I have to encounter will not present themselves. Disease will not be regarded as a *destroying*, but as a *restoring* process. All the modern systems of medicine, from that to which you and I were brought up, down to hydropathy, regard disease as a *pulling down* process, and seem to recognize the presence of a foe, whom, in some shape or other, they must combat and overcome, or the patient will die. Disease is a *building up*, not a *pulling down* process.

I have said that in due time, they will, as a general rule, give no medicine. I will not say that they will *never* give any; but I seldom find occasion for any, even now. Emetics, you know, the French, of the "Louis" school, are already giving up; cathartics are also going "by the board," only more gradually. But I would sooner retain these than alterations in any form. J's case required and imperatively demanded good nursing and attendance—attention to the non-naturals—and that was all. There is not the slightest evidence that medicine—except *air and water*—has done him any permanent good. But if no good, it has done him much harm. Medicine is a sword with two edges. Had you dared to place him under law, and trust to Nature unimpeded and unobstructed, it would have been better for him, by at least 50 per cent.

Understand me on this point. I do not charge the Medical Faculty, or any member of it, with malice aforethought, or even with wrong intention. I repel, as much as any man, the idea that physicians keep people sick a long time, for the sake of the emolument.

I will add one fact to which I have before only adverted very indistinctly. In several instances, when the mental derangement was somewhat high and increasing, the judicious and steady application of cold water to the head gradually reduced the excitement, and was exceedingly grateful to the patient. The friend who used the water was most deeply and fully convinced by these experiments of the superiority of water to medicine, in removing the mania of typhoid fever; and no persuasion or entreaty would, as I suppose, be sufficient to restore her former confidence in the latter. She will live and die a hydropathist; or perhaps she will even find the more excellent path of orthopathy. In any event, one person is emancipated from humbuggery of the worst kind which ever disgraced the world.

THE NATURAL TERM OF LIFE.*

DR. HUFELAND, in his *Macrobittic*, a work which has been translated into nearly all European languages, after citing numerous cases of extreme longevity, says, "We ought to have some fixed ideas as to what ought to be the true term of life; but we can hardly imagine to what an extent doctors differ on this point. Some assign to man extreme longevity, while others cut life very short. We might be tempted to believe that death occasioned by old age was the true term of man's life; but a calculation established upon such a basis would lead us into great errors, in an artificial state like ours." And this, in fact, is the very error into which people have fallen.

The learned Lichtenberg declared that the secret had been discovered of inoculating people with old age before their time; and added,

"We see, every day, men thirty or forty years old, presenting all the appearance of decrepitude, deformity, wrinkles, gray hairs, and other defects, which one only expects to find in men of eighty or ninety years of age." To the inquiry, "How long, in general, can man live?" *facts* answer, "from one hundred and fifty to one hundred and seventy, and even two hundred years."

Haller, who collected most of the cases of longevity known in Europe in his time, gave examples of more than one thousand persons who attained to 100, and 110 years; sixty persons from 110 to 120; twenty-nine from 120 to 130; fifteen from 133 to 140; six from 140 to 150; and one to 169 years. From the statistics of Russia, it appears that, in 1830, there were in that country, among others, the following instances of longevity: one hundred and twenty persons who had reached from 116 to 120 years; one hundred and twenty-one from 120 to 125; three from 125 to 130; five from 130 to 140; one to 145; three from 150 to 155; one to 160; and one to 165. In the tables of mortality for England and Wales, commencing at 1813, and ending with 1830, being a period of eighteen years, we find that from the age of eighty-one to that of one hundred and twenty-four, upward of 245,000 persons were buried, of whom more than seven hundred exceeded one hundred years.

In giving a more detailed account of individuals in different ages and countries, who have been remarkable for health and longevity, we may mention Democritus, the searcher of nature, a man of good temper, and serene mind, who lived in good health to one hundred and nine years. Zeno, the founder of the Stoical sect, and a master of the art of self-denial, attained nearly to the age of one hundred years. Polemon, of Athens, in his youth led a life of debauchery and drunkenness; but when about thirty years of age, he entered the school of Zeno, when in a state of intoxication: he was so struck with the eloquence of the Academician, and the force of his arguments, that from that time he renounced his dissipated habits, and adopted the principles of the "Nature's Beverage Society"—drinking no other beverage than water. He died at an extreme old age.—*See Tem. Biblioth. Class. in loco*. Cato, who was said to have had "an iron body, and an iron mind," was fond of a country life, a great enemy to physicians, and lived to near one hundred years.

A very remarkable collection, in regard to the duration of human life, in the time of Vespasian, has been presented to us by Pliny, from the records of the census, a source worthy of great credit. It there appears that, in the year when that numbering took place, the seventy-sixth of our era, there were living in that part of Italy which lies between the Apennines and the Po only, 124 men who had attained to the age of 100 years and upward, viz.: fifty-one of 100; fifty-seven of 110; two of 125; four of 130; four of from 132 to 137; and three of 140. Besides these, there were living in Parma, five men, three of whom

* From "HYDROPATHY FOR THE PEOPLE," a most useful and interesting work, abounding in statistics and arguments of vast importance to the great mass of the people, now in process of republication by Fowlers & Wells.

were 120, and two were 130; in Placentia, one of 130; at Facentia, a woman of 132; and in Vellignecian, a small town near Placentia, there were living ten persons, six of whom were 110, and four were 120.

Francis Secardia Hongo died A. D. 1702, aged 114 years, ten months, and twelve days. He left behind him forty-nine children—was never sick in his life. His sight, hearing, memory, and agility were the surprise of all who knew him. At 110, he lost all his teeth; but he cut two large ones in his upper jaw, the year before he died. He never used to drink strong drinks, coffee, etc.; never used tobacco; and his only drink was water. His habits, in other respects, were temperate.

In the "Miscellanea Curiosa" may be found an interesting account of a man 120 years of age, without the loss of a tooth, and of a brisk and lively disposition, whose only drink, from his infancy, was pure water.

Sinclair, in his "Code of Health, etc.," speaks of the famous civilian, Andrew Tieraqueaus, who is said, for thirty years together, to have given yearly a book, and by the same wife a son, to the world, and who lived to a good old age. He never drank anything but water, from his infancy.

In the year 1792, died in the duchy of Holstein, an industrious day-laborer, named Stender, in the 103d year of his age. His food, for the most part, was oatmeal and buttermilk. He rarely ever ate flesh; he was never sick, and could not be put out of temper. He had the greatest trust in Providence; his chief dependence was in the goodness of God, which no doubt greatly conduced to his health and longevity.

Ant. Senish, a farmer of Puy, in Limoges, died in 1770, in the 111th year of his age. He labored till within fourteen days of his death. His teeth and hair remained, and his sight had not failed him. His usual food was chestnuts and turkey-corn. He had never been bled, nor used any medicine.

Died, on the 26th of June, 1838, at Bybrook, Mrs. Letitia Cox, upward of 160 years of age. She declared she had never drank anything but water during the whole of her life; as did also another woman, at Holland Estate, who died eighteen months before, at the age of 140.

Lewis Cornaro, a Venetian nobleman, died at Padua, in 1565, at above 100 years of age. In early life he had been very intemperate, and consequently greatly diseased. From his thirty-fifth to his fortieth year, his life was a burden to him. By a regular way of living, he repaired his health, in a remarkable manner: and in his eighty-first year says, "I am free from apprehension of disease, because I have nothing in my constitution for a disease to feed upon—from the apprehension of death, because I have spent a life of reason. I know that, barring accidents, no violent disease can touch me. I must be dissolved by a gentle and gradual decay, like oil in a lamp, which affords no longer life to the dying

taper. But such a death cannot happen of a sudden."

Richard Lloyd died near Montgomery, aged 132 years and ten months. He was a tall, strong, upright man; had no gray hairs; had lost none of his teeth; and could see to read without spectacles. His food was bread, cheese, and butter, for the most part; and his drink whey, buttermilk, or water, and nothing else. But being persuaded by a neighboring gentleman to eat flesh-meat, and drink malt liquor, he soon fell off, and died.

Dr. Lower speaks of a man in the north, aged 120, who had been accustomed to eat very little animal food, but lived upon oatmeal pottage and potatoes, and sometimes he took a little milk. He was a laboring man, and never remembered being sick.

Dr. E. Baynard gives an account of one Seth Unthank, then (1706) living at Bath, whose chief drink was sour buttermilk. He was wonderfully nimble, and, not above two years before, had walked from Bath to London, 106 miles, in two days, and came home again in two days more. His uncle was 123 years old when he died, and had been one of the Bishop of Durham's pensioners. The doctor also speaks of one John Bailes, of Northampton, whom he visited, then living, in his 129th year. He says he had a very strong voice, and spake very loud; and told the doctor he had buried the whole town (except three or four) twenty times over. "Strong drink," quoth the old man, "kills 'em all." He was never drunk; his drink was water, small beer, and milk; and his food, for the most part, was brown bread and cheese. He cared not much for flesh-meats.

Mrs. Hudson lived 105 years, and then died of an acute disease, brought on by catching cold. She could see to thread a needle at that age. Her food was very little else than bread and milk, all her lifetime.

Louis Wholeham, of Ballinamona, Cork, died at the age of 118 years and seven months. He had not lost a tooth, nor had he one gray hair on his head. His diet, all through life, was mostly potatoes and milk; but, on an average, he had flesh one day in the week, until the last ten years, when he took a dislike to it, and could not eat it. It is a remarkable fact, showing how we cling to life, that he declared, on his death-bed, that he should have been more resigned to die eighty years ago than he was at that time.

Joice Heth, of America, was being exhibited in several of their large towns, at the age of 162: and when asked what was her food, said, "Corn-bread and potatoes is what I eat."

Francisco Lupatsoli, of Smyrna, lived 113 years. He drank nothing but water and milk; having used neither tea, coffee, etc. He lived chiefly upon bread, figs, etc. He could hear well, and see without spectacles, even to the last.

Zeno is said to have died at the age of ninety-eight years, having never experienced any sickness or indisposition whatever.

HEMORRHOIDS, OR PILES.

BY MARY S. GOVE NICHOLS.

THE doctrine of nervous contractility explains many mysteries in the human economy. The fact that all functions are performed by the nervous energy, and that depravation of the functions is the consequence of the feebleness of this energy, whether it results from waste, or is congenital, should be borne constantly in mind in contemplating our diseases. Our blood circulates to every tissue, and gives healthy nourishment, so long as the nervous energy in the coats of the blood-vessels is sufficient to contract the vessels, and send on the vital current. When this vital energy is lacking from birth, or from waste, we have feebleness and imperfection of function in different portions of the economy. Matters destined for the different tissues, or destined to be cast out of the system as effete, or hurtful, are left in organs where they do not belong—as the lungs, the liver, the spleen and kidneys—or they are left along the course of the circulation. So great is the waste of life, that there are few dissections of persons who are forty years of age, that do not reveal spicula of bone in the arteries. The bony matter is not carried as far as the bones, because the nervous power that circulates the blood is too feeble for the work. Our lives are so false, so filled with over exertion, and want of exertion, so unbalanced, so chained to the low and the gross, that life or vital energy is continually wasted, and imperfect performance of functions is the universal result. One is afflicted with dyspepsia, another has enlargement of the heart, or tubercles and ulcers in the lungs, or disease of the liver, or gravel, or piles; all these diseases come primarily from a weak and deficient nervous energy, which induces imperfect circulation. In piles, the coats of the blood-vessels, from the want of the nervous contractile power, sink down into enlarged sacs. They become what is termed aneurismal. The blood of course moves slowly at first, like the water of a river where the bed widens, and after a time it becomes permanently lodged in these sacs, or aneurismal enlargements. A morbid deposition and growth is the consequence, and in extreme cases, no cure is to be had without excision of the morbid growth. After excision, the same causes will procure the same results.

The causes of piles are whatever exhausts the nervous energy. Some people say costiveness is a cause. Mechanically it has a bad effect, but piles and costiveness depend both on one cause: the want of nervous energy. The use of drastic purgatives, of whatever kind, wastes the vitality of the nerves, and brings on costiveness and piles. The abuse of the sexual passion exhausts and diseases in like manner. The anxious, wearing life of our men of business, with their utter inattention to the laws which govern life and health, are fruitful causes of this weakness and disease. The cure must be in the use of means adapted to the condition of the patient. Where an operation is necessary, it must first be performed, but I be-

lieve it is often decided upon when wholly unnecessary.

The next thing is to give the patient a course of tonic treatment, if there is general weakness. If the patient is full of blood and life, and the weakness and disease are local, a *very spare*, plain, aperient diet, with morning and evening enemas of cold water, and the use of the cold sitz bath twice a day, and care not to perpetuate exhausting causes, will soon give relief. The morning bath of cold water should never be omitted on rising, and the diet should be *very spare*, and very plain.

By an aperient diet, I mean brown bread, fruit, and vegetables. Particular cases of piles require particular directions, but no disease is more under the control of judicious Water-Cure treatment than piles. I have never had a case that I did not cure. The time required to perform a cure differs in different patients, as in other diseases.

CHILD BIRTH UNDER WATER TREATMENT.—The following communication affords still further evidence of the utility of the water treatment in cases of childbirth.

TO THE EDITORS.—I have to acknowledge myself much indebted to you for the many valuable suggestions contained in your Journal relative to the subject of health in general; but, more especially, for that information which has enabled my wife to pass through a period of illness heretofore severe, yet in this instance far otherwise. Her treatment was as follows: For months previous to confinement, daily use of the hip or sitting bath. At confinement, the period of her delivery was not more than half as long as it had been in all previous cases, and the attending pain was comparatively as much less. About three hours after delivery, she took a sitz bath at a temperature of about 60 degrees Fah., and at the same time washed her hands, face, and neck in cold spring water. These in a great degree alleviated all pain and uneasiness. Within five or six hours she took another bath of the same kind, and was greatly refreshed. I would not tax your patience with too much of detail, and will therefore only add, that instead of keeping her bed for days or weeks, as many do, she came to the dinner-table with the family the next day, as usual. On the third day she walked out in the open air several times, and assisted in her customary household duties.

I had noticed reports of this kind in your Journal, and though I expected good results from the treatment, I must say my anticipations were more than realized. Respectfully yours,

J. W. CUNNINGHAM.

THROUGHOUT the vast empire of Russia, through all Finland, Lapland, Sweden and Norway, there is no cottage so poor, no hut so destitute, but it possesses its vapor bath, in which all its inhabitants bathe every Saturday at least, and every day in cases of sickness.

NEW-YORK, FEB., 1850.

FEBRUARY TOPICS.

BY R. T. TRALL, M. D.

DRESS FOR COLD WEATHER.—Thus far in this latitude our winter has been mild and open. No epidemics have existed among us save those common and continually increasing ones, consumption and convulsions. Over fifty human beings perish weekly in this city from these complaints alone, and will continue so to do until we have a revolution in personal and social habits, and a new order of medical science. The few cold days yet experienced have not afforded our citizens the greatest inducement for "bundling up" extensively; nevertheless, we have seen in the streets a pretty fair display of furs, muffs, tippets, victorines, etc. We think considerable injury results from the manner of using these seemingly very comfortable contrivances. The great point in defending ourselves against cold weather, as far as dress is concerned, is uniformity of clothing. Those parts which are covered at all, should be kept uniformly under the same degree of artificial protection; and the body should be as nearly equally dressed throughout as possible. For example, we should not go with the neck bare one day, and bundle it up the next, to expose it again in the third, and so on; nor wear boots and shoes alternately, as it may happen. Inequality and irregularity of clothing produce more colds than changes of weather. It is very common for young ladies to go with bare necks and shoulders about home, and when they go out, though the day may be very warm, decorate themselves with a profusion of furs simply because it is fashionable to wear furs at this season. At the same time, they will perhaps dress their feet in lighter and thinner shoes and stockings, just because that arrangement too is fashionable. From such proceedings coughs and colds will inevitably result.

BALLS.—We have heretofore spoken in as strong language as we know how to use against these amusements as usually conducted. As this is their peculiar season, a word more may not be inappropriate. We hope the reader will ever bear in mind, that we always strive carefully to distinguish between a true physiological principle, and a false fashion of society. Dancing as a physiological exercise is certainly healthful; but its use is in the family circle, or the regulated gymnasium; or in social parties, where whole families, old and young, meet at proper hours of daylight for innocent recreation or useful exertion. Night parties are wrong. God intended the hours of darkness and stillness for rest, not revelry. Balls, too, have many injurious concomitants besides late hours, riotous eating and drinking, violent motions, heated rooms, bad changes of dress; in fact, they are generally mere seasons of debauch and dissipation. Against all these things we set our faces. The coughs, colds, and consumptions which

are traceable to the ball-room are numerous, as every physician knows. Yet whenever social assemblages or private family parties are disordered from their evil appendages, and conducted, as they should be, like rational entertainment for rational creatures, we shall commend them as a means not only of physical improvement, but of domestic felicity and friendly neighborhood intercourse.

CROUP.—A number of cases of this formidable disease have occurred among children of late. We notice the subject now to caution those who undertake to manage it hydropathically, never to neglect the general treatment. It is true that some cases have been cured by the application of cold wet cloths to the throat; but it is certainly unsafe to trust to that measure alone. Moreover, there is no possible danger or harm in the wet sheet, or even the full cold bath. On the first attack one or both should be promptly resorted to, and repeated often until the breathing is free and the attendant fever entirely subdued. Meanwhile cold wet cloths should be constantly applied to the throat, and very often changed.

CHILBLAINS.—These inflammatory irritations upon the feet are rather frequent at this season. They arise in a great measure from going too near the fire when the feet are very cold. The transition should always be very gradual. Wearing tight boots or shoes is a common cause of severely painful chilblains. To cure them, long cold foot baths, twenty to thirty minutes, are advisable. When highly inflamed and painful, wear the wet bandages two or three thicknesses during the night. To prevent them, wear easy boots and shoes, cotton or linen stockings or none, and bathe them often in the coldest water.

LIEBIG'S THEORY OF ANIMAL LIFE.—A correspondent, alluding to an article on "Blistering the Chest," in the October number, asks: "Is not your doctrine arrayed against Liebig's theory of animal life?" To some extent it is. In Liebig's theory of animal life I do not believe; nor in his theory of disease. Both are too purely chemical. Though taking the liberty to dissent from many of Liebig's conclusions, I wish to speak of him as a scholar with profound respect. He is one of the greatest analytical chemists of this or any age. He has developed many facts of much importance to agriculture, medicine, &c. But the man who can divide and subdivide to their ultimate elements (as they are called for convenience) all the substances of the material universe, and tell us precisely what proportions of oxygen, carbon, hydrogen, nitrogen, &c., constitute each, is yet just as far from the true explanation of the phenomena of life as ever; in fact, he cannot in this way make any approach to it. He cannot put his ultimate elements together again and produce the living thing. Physiological principles—the laws of life and health—will never be discovered in the chemist's laboratory. In applying chemical facts, or rather in misapplying them to vital functions, I conceive that Liebig has run into many absurdities.

DIETING IN SCARLET FEVER.—A Cincinnati physician is out in one of the Medical Journals in favor of plain, simple food to mitigate the severity of this disease whenever it is about to make its attack. This is well as far as it goes; but what is infinitely better is to adopt the water-cure philosophy of eating at all times. Then scarlet fever would never be "about to attack folks." The plan we recommend has one disadvantage we must not conceal. It will entirely supersede the necessity of calling a doctor.

QUEER INTELLECTUAL ENJOYMENT.—One of our city papers, in noticing the late Railroad Opening celebration at Newburgh, mentions among the accompaniments of an intellectual entertainment, the following *eatables*: a whole ox, a whole hog, a whole sheep, a whole deer, and other animals roasted whole! What an intellectual age we live in!

THE LATITUDE FOR CONSUMPTION.—Dr. Riefrey, whose scientific movements seem to have some connection with the mercantile movements in cod-liver oil, has been edifying the good people of Washington on the subject of consumption as affected by climate and cod-liver oil. At a late meeting at which Dr. Gate, of Natchez, Dr. Borland, of the U. S. Senate, Prof. Henry, of the Smithsonian Institute, Prof. Maury, and Mr. Schoolcraft, made, according to the National Intelligencer, some interesting remarks, Dr. Riefrey said:—

"*Post mortem* examinations had shown that nature, under certain circumstances, cures the disease. From the extensive field of his remarks on France, Holland, and Great Britain, it appeared that a cure was effected whenever thin and attenuated men change their climate and habits, one or both, and in consequence developed a tendency to become fleshy. He considered a high northern and southern alike favorable. He named the American coast from latitude 55 deg. north to 17 deg. south as a consumptive latitude. He deemed all the temperate latitudes unfavorable."

Can any process of reasoning which comes to so ridiculous a conclusion be anything but a self-evident absurdity? That little piece of territory considered unfavorable to consumptives by this profound cod-liver oleaginousist, is pretty extensive after all. He speaks of the coast between 55° north and 17° south; but we know consumption, in the latitude in which it prevails, is nearly as common in the interior as on the coast. Therefore the fact made a question of latitude would embrace all of the United States, one half of British North America, a part of the Russian Possessions, and about two-thirds of South America. All this part of the earth's surface is doomed to consumption! What stupidity of intellect or twistification of education is that which could utter such a reflection on the Creator of the temperate latitudes! It seems not to have entered into the man's imagination that we can, by erroneous habits of life, produce on ourselves consumption in any place, or by correct ways of living avoid it everywhere. No, God has made an immense consumptive latitude just to enable the doctors to find employment or quacks to sell cod-liver oil! Isn't this a sublime idea?

I cannot see why the principle will not apply just as well to the Eastern Continent as the Western. Consumption prevails there to a great extent as well as here. If we apply the rule of latitude there, it will sweep off half of Europe, three-fourths of Asia, four-fifths of Africa, and all of the Indies. All are consumptive latitudes! I would not waste time and brains in noticing such trash but for the fact that the world is full of it, in fact governed by it.

QUACKERY.—It is slightly amusing to read, in the various medical journals of the day, the continual ding dong, sing song, "often loud but never long," attempts to account for the general diffusion of quackery. It is confessed that quackery is alarmingly prevalent, and constantly gaining on the regular profession. But the why of this is amazingly perplexing. One thinks it is all owing to a "love of the marvelous" on the part of the people, as though anything could be further beyond the reach of reason than allopathic theories. Another thinks the profitable business of doctor-making at the medical schools is a principal cause, by crowding the profession with diplomatised M. D.'s, not half made up, whose manifest ignorance and incompetency bring discredit on the whole faculty. Be the difficulty in a marvelous public, or the doctor-manufacturing professors, there are some things very pertinent and some things rather impertinent in the following remarks of Dr. Galloupe, of Lynn, Mass. :—

"The country is annually deluged with physicians, not one in a score of which is anywhere needed; and this is done, not for the benefit of the people, or the doctors, but for the doctor-makers. Many, after devoting their time, talents, money, and perhaps sacrificing their health, in pursuit of the arcanes of Physic, are doomed to sad disappointment.

"The consequences of this are most deplorable. As they cannot all obtain a lucrative business (simply because there is not enough for them all) in an honorable way, they must either resort to dishonorable means or seek some other road to wealth and fame. The number who pursue the former course is legion; among them may be found nearly all the homoeopaths, hydropathists, consumption doctors, &c. These, while they are careful to let the public know that they have been educated in, and received all the advantages of the 'old-fashion way,' affect a show of contempt for it, as if, forsooth, they had discovered that all the accumulated medical knowledge, from the time of Hippocrates, is worse than nothing. Such men, it has been said, must be 'knaves or fools;' but I query whether the majority of them are not both knaves and fools."

As one who knows something of the advantages and disadvantages of the "old-fashion way," I duly appreciate that part of the compliment intended for "nearly all the hydropathists." By way of reciprocity, and to present the "knavery and foolery" of all sides of the question fully and fairly before the public, I offer to abide the following proposition:—

I will discuss with Dr. G. or any other physician in the U. States or elsewhere, in good standing among allopathists, or with all of them together, in any public journal of respectable circulation, the relative merits of hydropathy and allopathy, in relation to their

philosophy and results, leaving the universal public to decide according to the force of evidence. If this proposition is not satisfactory, the following is offered as a substitute, or both may be accepted if preferred:—

I will go to any public hospital in this country where there are not less than one hundred invalids laboring under a variety of diseases, chronic or acute. Of these I will select, after an examination of their cases, twenty, thirty, forty, or fifty; the other party shall select the same number in the same way, each party selecting one alternately. I will treat my patients hydropathically, and the other party, which may be composed of one or any number of physicians, shall treat the others allopathically. A committee of intelligent but non-medical men shall be mutually agreed upon to report the result.

Or thirdly—I will accept any reasonable proposition to test, by experiment or argument in any way, the comparative merits of the two systems. Now, gentlemen, come out open and above board, or cease “barking behind the fence.”

THE COD-LIVER OIL BUSINESS.—Our allopathic friends and well-wishers continue to drive a profitable speculation with this “wonder of the age.” Astonishing beyond conception, numerous beyond calculation, and marvelous beyond expression are the cures it is *expected* to perform *almost*! The irregular quacks are taken as it were by storm, at this extraordinary *coup de main* of the regular empirics. Already they begin to dream of Othello’s occupation “going for to go.” The prospect now looks as fair as the livers of codfish are apt to be diseased and foul, that unless the patent medicinizers trump up some new game speedily, they are “goners.” “For full five hundred years they’ve hung”—like vampires upon the pockets of community, to the great scandal of a profession born to bleed. It will not be so much longer—that is, if there is any truth in the cod-liver oil humbug. The faculty, we observe, are taking the most judicious measures to keep and extend their vantage-ground, in this high, lofty, and honorable race for patronage, with patent pill pedlars and perpendicular purging powder manufacturers. We expect soon to see our medical literati, in imitation of, and opposition to their illiterate competitors, come out with long strings of certificates in the papers, and flaming advertisements with startling heads, like: “MOST EXTRAORDINARY MEDICINE IN THE WORLD!”—“TREMBLING AMONG THE QUACKS!!”—“CONSUMPTION, THOU ART FLOORED!!”—“COD-LIVER OIL TRIUMPHANT!!!!”

Already we discover the preliminary steps to this grand finale and flourish. Dr. Riosfrey, from Paris, has been talking most learnedly about consumption and cod-liver oil, at a regular meeting of the American Institute at Washington. The Boston Medical and Surgical Journal has with prodigious sagacity recorded that “persons who were taking cod-liver oil for chronic difficulties during the prevalence of the late epidemic were not affected by it;” and a call

has gone forth requesting physicians to communicate the results of their experience in relation to the therapeutic value of cod-liver oil. If all this machinery does not bring out “cases” enough to startle and confound all creation, it will be simply because the people have made up their minds not to be humbugged any longer. The following certificates are the only ones we have come across which appear to be duly authenticated. They are, most respectfully, at the service of the “party of the first part.”

BUNGTOWN, Dec. 1st, 1849.

Messrs So and So :

Gentlemen—Having been long afflicted with the belief that something or other was the matter with me, I couldn’t tell exactly what, I was advised by my friends to try a bottle of your celebrated Cod Liver Oil. I done so; and, after taking the first swallow, I was completely cured of a disposition which had long haunted me to try quack medicines. One dose effected a complete and radical cure, and I don’t think I shall do the like again.

Your very grateful and obedient servant,

SUSANNAH WILKINS.

P. S.—You may make any use of this certificate you think proper for the public good. S. W.

Certificate No. 2.

PUMPKINVILLE, Nov. 4, 1849.

Gentlemen—Having long suffered from a pulmonary complaint, which drove me to the brink of the grave, and been afflicted with nervous headaches, a disease of the spine, weakness of sight, loss of appetite, tumors on my arms and legs, a cancer in my breast, and a falling off of all the hair of my head, as well as a general debility and a loss of hearing, I was advised by my grandmother, who had read your advertisement, to take several bottles of your Cod Liver Oil. I had but little faith in the article, believing that I was past cure, having been several times given up by the doctors, and my coffin spoken for. However, I took five bottles, and to the surprise of everybody LIVED THROUGH IT. I was *completely relieved of five dollars*, which was all the money I had, and should have probably been relieved of more, if I had had it to spend, for while there is life there is hope. I send herewith an accurate drawing of my purse before and after taking your oil. The difference of appearance is striking, and I think you should have it engraved as a picture for the liebills of your bottles.

With much esteem, yours,

GEORGINA THOMAS.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE.

I SAID in my last “Applicability,” &c., that some of the “first physicians” in Boston were in the habit of using the wet sheet as a substitute for the lancet.

True, not many of them use it, but the fact that any of them do is something, and we should be thankful for the smallest favors from our allopathic brethren.

Some of them use it “on the sly,” and others use it boldly, and say they “always knew it was good in inflammations!”

Dr. Walter Channing, one of our most celebrated professors, and world-wide renowned accoucheurs,

uses the water a great deal, I am told, and would a great deal more, I am convinced, if he dared to, for he is a man up to all the reforms of the day, and eloquent beyond most men in pulling down the rotten fabrics which a meanly selfish society have built up to curse the world withal.

If he dared to, I say; he is an old man, nearly seventy, and has taught and believed in the necessity of drugs and lancets, &c., for years and years, and it is not natural that a man who still is in active practice as professor and physician, should all at once declare to his class and the world that he had been preaching and practicing a lie for fifty years or so!

This applies to a vast number of others as well. Many of the profession practice on in the old way, because they were taught so to do, and never have had practice enough, or brains enough, to discover the absurdity of it; their condemnation of Hydropathy is its greatest praise.

But thanks to the Lord, the cause of Hydropathy depends not upon the breath or doings of any man, or set of men.

No! far, far from it. The eternal laws of truth belong to it, and it must, and will prevail. The question, then, to be considered is, how shall we best understand its principles?

"By their fruits shall ye know them."

If the wet sheet will answer the purpose of the lancet, &c., surely it can be demonstrated.

All we have to do, then, is to appeal to the thousands and thousands who have tried it again and again.

Can it be, that a man suffering from severe pleurisy or colic, can possibly be mistaken in regard to the facts in his case, whether he has been, was, or is relieved from his terrible pain by the wet sheet?

Can it be, that at least one half of all our "Yankee Nation," who are proverbial for their "cuteness," can be so deceived in the matter, as to trust the lives of themselves and children to the "Cold Water-Cure" repeatedly, as they daily do, if it was all a humbug?

No, no, friends, depend upon it that a system so repugnant to the sick and morbidly sensitive would never find favor, could they any way avoid the conclusion, that the Water-Cure, though "horrid cold," was the cure, and the only cure.

The man of good common sense does not need much argument to convince him that water is the best extinguisher of fire; and inflammation is neither more nor less than fire, and such a one will see at once that a wet sheet must perforce be a very convenient form of applying it; aye, what the wet sail is to the burning house, the wet sheet is to the burning body, and why not?

The wet sheet, too, may not inaptly be compared to the lightning-rod; as is the electric conductor to the endangered building, so is the wet sheet to the body when in danger of being consumed by the raging heat within: only more so; for lightning has freaks,

and won't always be led, but the sheet never fails, when properly applied, of relieving the overcharged system of its superfluous heat.

The reason of this infallibility is obvious to all who will see: it is in obedience to the great law of nature known to the most simple, viz., the law of equalization of temperatures; a cold body and a hot one, however different, when brought into contact will sooner or later become equal, "for God hath made them so."

But it is not simply by reducing the temperature of the patient that the sheet operates, but, as I have elsewhere said, it is one of the greatest sedatives in the world.

The sitz bath will often be more applicable in very acute diseases in equalizing the temperature than will the sheet, for the simple reasons, that you have more water and less covering, and less worriment.

Again, the wet sheet not only equalizes the temperature, but the circulation, and it is in this way, I think, that its sedative effect is in part, at least, produced.

We will now for a moment glance at the philosophy of this so much talked of sedative effect produced by the water.

In the first place, we must premise that all pain is the result of unnatural, or undue pressure upon the nerves of sensation, one of which accompanies every artery and vein; hence we see that if by any means a blood-vessel is made to carry more blood than usual, the nerves so completely surrounded by them must necessarily suffer from the unnatural pressure.

To illustrate this in a homely way, but one that even the stupidest conservative can easily understand, it is precisely the same in its effects upon the nerves when a dozen globules of blood attempt to go through a channel made only for six, as it would be upon the bodies of a like number of men who attempted to get through a small door all at once, as they sometimes do in case of fire; and the "remedy" made use of in the former case by bleeding physicians, is just about as sensible as it would be in the latter case, to take half of the men out of the door-way and throw them out of the window!

The true and only justifiable procedure in either case would be to invite the impetuous particles to the place they had vacated; or in other words, to persuade some of them to come away from the obstructed passage, and thereby give the other, and ultimately themselves a chance for their lives, letting all in due time go on their way rejoicing, without doing injury to any.

Any one not willfully blind must see the superiority of the Water-Cure way of doing business over the old-fashioned way.

It is a "mighty pretty thing" to be considered a physician who is capable of relieving his patients in a twinkling, as it were, just by the mere scratch of an arm, or the giving of a single pill; and hence we see the young disciple of Esculapius boldly plunging "his cursed dagger" into the turgid vein, and ex-

claiming with the most self-conceited smirk, "I told you so," "I knew it would give you relief," &c., &c. Poor fool, so will cutting a hen's head off save her from having the "pip," and in the present state of the world the one is as much justifiable as the other.

The question is not what will do the work quickest, but what will do it best.

Though, on the score of quickness, the Water-Cure system is by far the best, *I never knew a case of colic or pleurisy that would hold out more than fifteen minutes after the wet sheet was applied!* whereas bleeding will not always relieve even, and never cure.

In the one case, you relieve by removing the cause effectually, viz., by restoring the nervous equilibrium, and equalizing the circulation; in the other, you only temporarily remove the pressure on the affected parts, while at the same time you increase not unfrequently the very difficulty you intended to remove, by taking from the system, already debilitated, the very life-blood thereof.

I say, therefore, and I say it boldly, *that bleeding is never necessary*, for the simple reason that common sense has taught us an altogether better, and far more effectual way.

THE WATER-CURE IN PHILADELPHIA.*

BY FRANK STEWART, M. D.

PHILADELPHIA, Jan., 1850.

GENTLEMEN,—Enclosed please find one dollar for my subscription for the "Water-Cure Journal" for the year 1850; and I wish it was in my power to subscribe for a HUNDRED COPIES instead of one, that I might be able to disseminate "TRUTH" among the afflicted.

I noticed in the January number a letter published from a postmaster in the State of Illinois, or rather a notice of his letter, in which he reads you a lecture on the method of conducting the "JOURNAL," and wishes you not to CALL THE DRUG PRACTICE HARD NAMES, AS THAT WILL NOT TEND TO CONVINCE THE MEDICAL PROFESSION. Your reply is one of the best things I have read for many a day—viz., "We don't care four figs for the profession—it's the PEOPLE WE WANT TO CONVINCE." Now that's the idea exactly, and that's the reason I take the Journal—because, after I read it, I can lend it to those "not wrapped up in official ignorance" as with a cloak, who are glad to read it, and learn from its pages of that pure fountain of health it treats, and of which so little is known and understood, as yet, among mankind.

I am, as you perceive, an M. D., being so entitled by my diploma; but nevertheless, am not compelled to practice for a living, and I care not *one fig* for any of the old-established usages or practices.

I am, or profess to be, a "Reformer," and strive, if I can, to keep up with the times. Many, too

many physicians, are no more capacitated for their profession than a farmer would be for a "sailing master," with some theoretical knowledge. We have in this city many "heroes," some, perhaps, who, like "Saul," have slain their thousands. Unfortunately, we have too many aspirants for such slaughter, and too few who dare do their duty. Some have the wish, but lack the moral courage to attempt to stem the current of public opinion and do what is right; they would rather, much rather, starve in the legitimate Book Practice of calomelizing than deviate.

I was a water-cure "patient" five years ago, when in this city Hydropathy was almost unknown, and oftentimes my friends would give a shrug of the shoulders when I would attempt to explain to them the series of "packings," sweatings, general and local baths, &c., that I had to undergo under the direction of a man professing to be able to treat and cure patients under that glorious system, but who proved himself but an arrant adventurer. I escaped by the skin of my teeth, and the so-called Doctor, after trying his skill on some more patients, concluded to go back to Germany and learn something of the system.

HYDROPATHY is a great, a glorious, a perfect system—the only system after nature. I have studied the ALLOPATHIC, HOMOEOPATHIC, THOMSONIAN, BOTANIC, LACTOLEPTIC, and the ECLECTIC or REFORMED system of medicine: they all differ—some more, some less—the least objectionable of which is the REFORMED SYSTEM, and for patients who have a horror of "WATER," it is the best practice they can adopt in their families, for it will lead them eventually to HYDROPATHY. The Eclectic Colleges are the only colleges that have moral courage enough to advise their students to examine into and adopt HYDROPATHY, and keep up with the times.

In this city we have some good HYDROPATHIC PHYSICIANS who are doing well—DR. WEDDER, who came here about one year and a half ago from Switzerland, a gentleman of deep learning and research in medicine and the collateral sciences, who is deserving of patronage, and who, I am happy to say, is calling round him hosts of patients; DR. MANN, who is well known to you, and who is also doing well; DR. DEXTER, who is occasionally here, and who is located at the Parkville Institute, and who is highly recommended by all who have been under his treatment, and who know his abilities as a "dexterous" physician.

It is astonishing how many there are inquiring about the Water-Cure, and yet how deep-seated prejudice yet rests on some—but if converts increase in the same ratio for the next ten years as they have during the last five, there will be needed fifty good HYDROPATHIC PRACTITIONERS for this vicinity alone. I only wonder some clear-headed, thinking allopathic student, who must have seen, by the time he has finished his two years "off and on" of instruction, the arrant humbuggery of calomelizing, does not look ahead and aspire higher than to be merely a physician.

* Not intended for publication.—Eps. W. C. J.

What would our fathers have thought forty years ago if told their children would be taught *Physiology and Dietetics* in schools, as a part of their education? Why, they would not, perhaps, have believed it; and if nothing else will make this generation and succeeding ones *think*, it will be this one thing. Will not they *inquire* when they arrive at a mature age? and can these inquiries be satisfied by the monosyllabic replies of the allopath? will not, then, thinking lead them to learn the natural system of living instead of the artificial? and will not Hydropathy be then the only practice? I, for one, think it will. You know it. Then GOD SPEED THE CAUSE, for with it all the thousands of new diseases that are multiplying daily around us, changing in character according to this "*artificial mode of living*," will then disappear from the face of the earth, and a newer and brighter face appear all around us.

Pardon the length of this epistle—but I could not let the opportunity slip without saying something on paper, even if not personally acquainted with yourselves.

HYDROPATHIC COOKERY.

BY R. T. TRALL, M. D.

IN TREATING OF HYDROPATHIC COOKERY, as a practical subject, we must distinguish between what is intrinsically correct, what may be allowed as a matter of convenience or pleasure, and what must be conceded to established habits. If the Christian minister should insist, as a condition of fellowship, that every professed follower of the Great Teacher regulate his "life and conversation" strictly by the precepts of the New Testament, he would hardly have company enough to form a society or support a church; yet all will allow that it is his duty constantly to hold up to view the principles of that book as the only rule of true faith and good works. If the physiological reformer provides a table precisely adapted to the order and design of nature, the tastes, habits, customs, and opinions of the great mass being so unnatural, he would find himself almost isolated from society. He would, indeed, be "in advance of the age," but perhaps too far in advance to assist in moving the world along as advantageously as he could by a nearer position. Hence the necessity of "journeying through the wilderness"—the idea of progressive reform, always reaching forward as far as possible to correct principles, but compromising, to some extent, for a time, with long-established habits, in themselves greater or less deviations from physiological truth.

I consider it demonstrable beyond all peradventure, that man is not by nature in any sense carnivorous; that his natural dietetic character is frugivorous. I use this term in its widest latitude, including grains, seeds, roots, nuts, and many of the cruder sort of vegetables, as cabbage, as well as the fruits proper. This position has been abundantly proved by com-

parative anatomy, and is confirmed by all rightly-apprehended human experience. I cannot, of course, here present any part of the arguments bearing on this conclusion; suffice it to say, I have examined the subject in all its relations as critically as I am able to, and tested it by many years of personal experiment and observation.

I do not, however, wish to be understood as speaking authoritatively in the name of Hydropathy on this subject. Other practitioners of the new school—successful ones, too, I am aware, entertain different notions. They regard flesh-meat as indispensable to the best physiological condition of the human being, and some of them even consider unbolted meal as too coarse, mechanical, irritating, or gross, for the refined stomachs of the genus homo. Let us agree to disagree until further investigation shall make us all of one mind; meanwhile, let us all speak our opinions freely, and give our reasons candidly.

Though animal food is not compatible with the best and highest physical, moral, intellectual, or spiritual condition of the human race, yet a moderate indulgence in it is consistent with a good degree of physiological and mental health. Moreover, in dealing with mankind, we must take them just as we find them, not as we think they should be. In nearly all civilized countries the greatest amount of the agricultural talent of the people has been expended on procuring, raising, multiplying, and *improving* animals as food; while the vegetable kingdom has been proportionately neglected. We find, therefore, that most persons are exceedingly nice, particular, and discriminating in all the varieties of fish, flesh, and fowl, while they are correspondingly indifferent about the kind, character, and quality of their fruits and vegetables. The world, too, has been so long miseducated in this matter, that very few persons know anything about preparing a wholesome and proper vegetable diet to the exclusion of animal food. Taste, also, is so much a thing of habit that most persons do not like, and will not eat many fruits and vegetables until the depraved appetite has been partially corrected by better dietetic customs. And again, many kinds and preparations of fruits, vegetables, and farinaceous seeds seem to disagree, at first, with digestive powers long accustomed to more stimulating and more concentrated aliment. For all these reasons, I propose to exclude from a hydropathic regimen, all the worst, grossest forms of animal food, and employ a moderate quantity of the very best, on the principle that Moses enjoined the flesh-pot-loving Israelites, whom he knew would cleave more or less unto what their souls lusted after, to abjure the swine, the grease, the blood, and the unhealthy viscera, and eat only the plainest, cleanest, least putrescent, and least unhealthful animal substances. I would always encourage the invalid to practice all the self-denial he can in disusing animal food of all kinds without a painful sense of privation; and give him to understand that if he can in the end—as he surely can by sufficient perseverance—so

change his habits and appetences as to have no desire for animal food, he will have attained a position of self-control, self-satisfaction, and physiological happiness truly enviable.

Consistently with these views, our selections from the animal kingdom must be very limited. Beef and mutton not over-fattened are unquestionably the very best kinds of flesh-meat; and boiling, broiling, or roasting, are the only admissible ways of preparing them. Beef may be used in the shape of broiled steak, boiled slightly corned beef, and the lean, tender pieces roasted. Of mutton, the lean parts may be roasted, or cut into chops and broiled or stewed. To the above may be added a hash made of a little cold meat cooked up with plenty of good potatoes. All these make a particular dish of animal food for each day in the week; nearly as many changes as anybody, except epicures, who "live to eat," ought to desire. Once a day is certainly as often as any one ought to eat animal flesh, who wishes to remain long in the land of the living. In cooking animal matters, always reject the fatty portions, and eschew all gravies. Especially avoid eating the juices, as they are called, or drippings from roasting or broiling flesh. These are mainly diluted blood, and the blood is always the most impure substance of all animals, for the reason that the various excrementitious or waste matters are carried off through the medium of the venous blood, which is the kind mostly left in the flesh of slaughtered animals. Many persons are excessively fond of the dark, bloody-looking fluid that oozes out from heated animal substances, but human stomachs should never be the receptacle for such putrescent materials. The common habit of soaking steaks, chops, &c., in melted butter, is most abominable.

Many persons, on cutting down the quantity and frequency of the animal part of their meals, will be surprised to find how soon the desire accommodates itself to the new habit. Poultry, to those who will have a greater variety, comes next in order. *Boiling* is the best way of preparing all kinds of fowl, taking care to skim off all the oily matters. White fish boiled or broiled *may* be occasionally employed by those who are determined to extend their depredations among animals still further; yet I think fish always more objectionable to sick or well than flesh-meat. Very young or very old animals should never be eaten, for reasons too obvious to require explanation. Eggs, rare boiled, may be used advantageously as substitutes for more solid animal food, but never as an accompaniment to it. Milk is never as good as water for a beverage; but to those who use little or no solid animal food it is not particularly harmful, except when it produces immediate oppression or acidity of the stomach. Butter can only be regarded as an indulgence; hence the only perfect law on that subject is—the less the better.

OLD STRONG CHEESE, so much prized by the majority of people, is one of the vilest things imaginable. Constipation or canker is, I believe, an invari-

able attendant on its use. So much for the animal kingdom. The vegetable affords us a larger field, which I will endeavor to improve in the next number.

DEATH OF DR. DAVID RUGGLES.

BY S. ROGERS, M. D.

A NOBLE worker in the great field of Hydropathic and hygienic reform has laid aside the habiliments of earth, and gone to receive the reward of that diligence, perseverance, and honesty of purpose, which characterized his earthly career.

DR. RUGGLES was born at Norwich, Conn., 3d mo., 1st, 1810. He studied medicine with Dr. Swain, in the city of New York, until he was nearly deprived of his sight. By his great exertions and privations, his constitution became impaired, and his health so precarious that the most skillful physicians lost all hope of his recovery. Blind, sick, and destitute, this remarkable man struggled thus along in the world, till taken under the protection of kind friends at Bensonville, Northampton, where he learned something of the Water-Cure, which was then in its infancy in this country. He determined to try its reputed power, and accordingly, under competent medical advice, pursued a thorough course of treatment at home, which, after many hard struggles, resulted in the restoration of health. But his sight never returned.

Encouraged by the success which attended the use of water upon himself, and having carefully watched its effects, Dr. Ruggles commenced its application upon others. He soon evinced a degree of skill, prudence, and admirable penetration which brought him patients from all parts of the Union.

But it is not for me to tell the friends of Hydropathy of the enviable reputation which the indomitable perseverance, guided by sound judgment, gained for our lamented brother. He will long live in the grateful remembrances of the many who have sought the blessings of health at his hands, and his reputation is based upon that foundation which will endure forever.

Of the immediate cause of Dr. Ruggles' death, I have not been informed. He died at his residence in Northampton, on the 16th of December, 1849.

[Will some friend give us minutely the particulars of Dr. Ruggles' illness, and of the treatment employed in his case?—EDS. JOUR.]

A CASE OF RHEUMATISM.

BY H. B. SCHETTERLY, M. D.

ABOUT five years since, Mrs. Hazzard, aged 47, of Howell, Michigan, applied to me, at Ann Arbor, to be treated for CHRONIC RHEUMATISM. Her hands were then cramped in such a manner as to be nearly useless, and every part of her body participated in the painful disease. Menstruation suspended, and the

bowels acting once in three or four days. By very active treatment with Savin, Colchicum, and the Allopathic routine, menstruation returned twice, bowels became regular, and she kept on gaining health and strength for nearly two years, when the complaint commenced returning very gradually at first, but about four months ago a great accession of suffering supervened, and she was "locked in ceaseless pain as in a vice, spending her nights mostly without sleep, in excessive torture." Her arms nearly fixed in a position, so that she could not wash her hands nor touch her head. The only organs which seemed to remain untouched with the disease were the brain, the stomach, the heart, and the urinary organs; and she perspired easily and freely.

In this situation I found her nearly four weeks since, when my prediction made five years ago that the spinal marrow was the seat of the disease, was fully verified. The bowels acted only once in five to seven days; one of the fingers completely dislocated, and all the rest so contracted and fixed as to be almost entirely useless; one knee so painful that she could scarcely turn herself in bed, nor move even a limb over so little without pain. Altogether it was one of the most hopeless, desperate, and forlorn cases of rheumatism, of fourteen years' standing, I ever saw, and by any Allopathic treatment totally beyond reach; but not so to nature's own curative means.

The first prescription was a prohibition of all animal food, even butter; tea and coffee were interdicted. Second: cloths wrung out of water so tempered as not to excite the least chill, and yet as cold as possible, to be increased in coldness as the system would bear; clysters of cold water, repeated four to ten times a day, to be continued till otherwise ordered.

In four days the pain began sensibly to give way, and she was requested to sing, and exercise in every possible way. A Magnetic Machine was now procured and applied twice a day, with evident advantage, for one week, when it produced a slightly disagreeable effect upon the brain, and was laid aside for two days. The application of wet cloths was diligently continued all the time, renewed three or four times a day. The reapplication of the machine produced such a decidedly good effect that the attendants became remiss, and omitted the cloths for about two days, when the pain returned with considerable severity, and was relieved by reapplying the cloths, at a temperature of about 70° Fahrenheit. It was now observed that the water, of which she was advised to drink large quantities, ran off by the urinary passages; and the spasm in the arms yielded so that she could wash and feed herself, and sit up more than an hour at a time, which she had not done for months, longer than to make her bed. Red efflorescent "blotches" appeared on the skin about this time.

Treatment with the cloths and machine continued for another week, with clysters; at the end of which the bowels became regular, acting once a day; and

he could endure considerable rubbing of the whole body with wet towels, and without exciting pain by the pressure. Blotches gone.

In the middle of the following week she rode to her daughter-in-law's, according to advice, and sat up two or three hours that afternoon and again in the evening, in the happiest frame of mind, almost free from pain. But the magnetic machine had incautiously been left behind; and, after several days agreeably spent, a new accession of pain supervened, which, it is hoped, will be again relieved, by wrapping in a wet sheet of nearly cold water once a day, to continue in it as long as agreeable, succeeded by effectual rubbing with wet towels, and that by a wet roller, to be renewed in the evening, round the whole body and limbs where the pain requires. As the feet, having been uncomfortably hot, have now become rather cold, they are to be immersed in a warm bath for fifteen minutes before taking the sheet, and well rubbed.

(To be continued.)

A CHILD SUPPOSED TO BE DEAD RESTORED TO LIFE.

MESSRS. EDITORS:—A young gentleman who practiced Water-Cure last summer, as an amateur, on Long Island, has just given me the particulars of a remarkable case, which I am sure should be laid before the readers of the Journal. In the last of June my friend, Mr. T., was informed that a neighbor of his had lost a child, three and a half years old, by cholera. Mr. T. went immediately to the house, and found the child laid out. He said, "I had a feeling that the child was not dead, and I acted upon it. I could not tell my reasons for the feeling." He told the parents that he did not think the child was dead, and that he wished to try cold water. The mother was horrified at the idea of dashing cold water over her dead child, but the father listened, and at length insisted that his wife should leave the room, and that Mr. T. should do something to restore the child. The mother was at last induced to leave, and a wash-tub and several pails of cold water were brought. The child was disrobed of its grave clothes, and placed in the tub. Ice was bound on its stomach, and a half pail of water dashed on at a time, till three or four pails of water were thrown on. The ice was then removed, having remained near five minutes. The child was rubbed forcibly all over. In seven minutes signs of life appeared. In fifteen minutes the child breathed rapidly. It was wrapped in blankets, and put into bed. After resting a while it was rubbed again.

By occasional bathing and rubbing the child was restored to health, and is a healthy child at this present time. This gentleman had seventeen cases of cholera. Some he saw first in collapse, and some in the violent stage of the disease, and some in the premonitory stage. He treated all with cold water, and every patient recovered.

M. S. G. NICHOLS.

REVIEWS.

BY R. T. TRALL, M. D.

WATER AND VEGETABLE DIET IN CHRONIC DISEASES, by William Lambe, M.D. Published by Fowlers & Wells.

Among those few far-seeing men whose attention has been turned from specifics, charms, incantations, dosing and drugging, to the voluntary habits of society, as affecting the health and longevity of the people, the name of Dr. Lambe stands conspicuous. Some thirty or forty years ago he commenced investigating, experimentally, the influence of regimen in the treatment of chronic diseases, particularly scrofula, consumption, cancer, asthma, &c. To a mind naturally discriminating he added habits of patient and careful observation; and his position and associations, being a physician of extensive practice, and a member of the Royal College of London, afforded him ample opportunities to test the conclusions he arrived at on a large scale. These conclusions, and the processes of reasoning which led to them, are explained with great clearness and ability. The author takes the ground that man is naturally herbivorous, or rather frugivorous, in his dietetic character. He also concludes that he is not by nature a drinking animal—sufficient water for all the purposes of the animal economy being supplied by the fruits and vegetables which constitute his most appropriate nourishment. These positions are supported by interesting facts and able arguments, from which the reader, whether he agree with the author partially or wholly, will derive much valuable information. The work has the merit of perfect candor, and the circumstances which seem to tell for or against the author's opinions are stated with obvious fidelity, and examined with strict impartiality. Not the least valuable part of the book is the narrative of cases illustrating the gradual but sure transformation of the body toward a healthy condition, under a regimen of pure vegetable food and distilled water, or its degeneracy under the ordinary diet of flesh-meats and stimulating drinks. The work ought to form a part of the library of every seeker after physiological truth.

CONSUMPTION: ITS PREVENTION AND CURE BY THE WATER TREATMENT, by Joel Shew, M. D. Fowlers & Wells.

This work is more comprehensive than its title imports. It treats of the whole subject of diseases of the chest—consumption, hemorrhage, asthma, bronchitis, sore throat, coughs, colds, &c., a family of complaints whose ravages make up a large proportion of our weekly record of mortality. Probably no class of diseases can be named in which suffering humanity is more abused under the high-sounding name of medical science than this. Bleeding, blistering, calomel, antimony, nitre, and opium, constitute the general routine of regular medication, under which patients are hurried forward to premature graves, or

diseased, maimed, mangled, scarred, crippled, and broken down for life. Ample experience by hydropathic practitioners has proved that no diseases are more promptly, surely, and easily cured by the water treatment than all forms of diseases of the chest, taken in their early stages. The work before us not only gives a minute description of the nature, causes, symptoms, and hydropathic management of the various affections of the chest, but examines at length the different plans of treatment adopted and recommended by the principal authors of the old school. It is therefore a repository of useful information, as well as a practical guide to the consumptive. If all who are predisposed to consumption would practice upon the inculcations of this book, that terrible scourge would soon be almost unknown among us.

RESPIRATION AND ITS EFFECTS; more especially in relation to Asiatic Cholera and other sinking diseases. By Emma Willard. Huntington & Savage. New York.

In this little work of sixty-four pages, the authoress undertakes to prove that animal heat, circulation, digestion, and strength, are primary effects of respiration, and that those diseases manifesting great prostration or exhaustion of the vital powers are immediately owing to deficient respiration—in other words, *bad breathing*. These views are supported very ingeniously, and the deductions therefrom have been applied successfully to the treatment of several cases of cholera. I do not regard her theory as having been fully made out, but the remedy—free breathing—as far as practicable, is clearly philosophical. Indeed, I can easily imagine that many lives could be saved by an instantaneous resort, on the first attack of cholera, to the method of “artificial” breathing she recommends, which might be lost or sacrificed under the mustard plaster, camphor and opium system, which tends directly to check respiration.

The proximate condition requiring strong respiratory efforts to overcome, Mrs. Willard considers to be the presence of carbonic acid gas in the lungs. This, she argues very ably, settles from its own specific gravity to the lower portion of the lungs, thus obstructing the circulation, diminishing the temperature of the body, and ushering in the stage of collapse. To cure the cholera, this offending material must be expelled, to do which requires the strongest exertions of the breathing apparatus. Independent of this important practical point, the work is valuable from the many facts it contains bearing upon the phenomena of respiration and circulation.

CHRONIC DISEASES, especially the NERVOUS DISEASES OF WOMEN. By D. Rosch. Translated from the German by Charles Dummig. Fowlers & Wells.

Here is a work containing important truths on a subject very generally misunderstood. The subject is intimately connected with the health of females, domestic happiness, and the well-being of society.

Immense and incalculable are the evils resulting from mere ignorance in the matter of which it treats. Now, shall we commend this book to the public, tell them to read, understand, and be wiser and happier, or shall we withhold the truth because the subject is a delicate one, and let them suffer on? It has often been alleged that the medical faculty were afraid or unwilling the people should become enlightened in relation to their own physiological nature, lest they should make a bad use of their intelligence. I cannot see how the laws of our being are safer from perversion in the hands of an M. D. than with a layman. The great source of sin and suffering is ignorance, and the infallible remedy is knowledge. But I fear there is too much truth in the charge so frequently laid to the door of the regular profession. Before speaking of the work before us in such terms of commendation as I think it deserves, I want the reader to know what our allopathic friends say about it. A good moral may be deduced from the contrast. The following is copied from the Boston Medical and Surgical Journal:—

“NERVOUS DISEASES OF WOMEN.—Messrs. Fowlers & Wells, New York, have sent forth a translation, from the German of Charles Dummig, on ‘CHRONIC DISEASES: especially the Nervous Diseases of Women,’ which will doubtless be read extensively, but whether to profit is a question. It is a popular explanation of the *true causes*, according to the author, of scores of maladies to which married females are predisposed. It is not a medical work, and yet it treats of maladies especially recognized by physicians. But it speaks out things, in relation to alleged excesses of intercourse in married life, to which the author attributes most of the nervous diseases of women, in a way to which even medical readers are unaccustomed. Perhaps in Germany such plainness is acceptable. Here, however, the public taste requires this kind of truth to be muffled up in half a dozen folds of technicalities. There is an air of vulgarity about these everybody’s books, which on the whole, as society is constituted here, renders them infinitely more injurious than useful. Yet it cannot be denied that M. Dummig has recorded facts, and convincing ones, too; yet who will be the wiser for them? Those for whom the instruction is designed will not trouble themselves particularly about the abuses he designates; while thousands, who are not in a situation to be benefited by it, will study it to gratify a morbid curiosity.”

Reader, do you not discover something very queer in the above omni-sided paragraph?

The book contains important truths, but *because* the public taste is vitiated the truth must be told in such a bundle of technicalities that all who need the instruction will be sure not to understand it! How marvelously, incomprehensibly wise! “There is an air of vulgarity about these everybody’s books.” Is there indeed? Is truth vulgar? On the principle that “to the pure all things are pure,” to the vulgar all things may be vulgar. Does the writer of the above notice consider that when he calls everybody’s truth vulgar he accuses the Author of all truth of vulgarity? Or does he think truth is an invention for the special benefit of the professors of medical science, to which the vulgar people have no right?

Per contra, I hope the book will find its way to every vulgar and genteel person in the land; and the truths it exposes sink deep into their understandings and be exemplified in their lives. Chastity is as much a virtue in married life as in single; and if the abuses of the conjugal relation produce so much mischief, let the lesson be plainly, clearly, and unmistakably told, without a single “fold of technicality” about it, as it is in the work under consideration.

PSYCHOLOGY, OR THE SCIENCE OF THE SOUL. By Joseph Haddock, M. D. Price 25 cents.

In the publication of this little volume Fowlers & Wells have made a valuable addition to their numerous educational works. The intelligent student of Nature delights to contemplate the phenomena of life in all their multiform relations. The moral, mental, and physical qualities of humanity are so inseparably blended in their manifestations, that we in vain undertake to philosophize in one department unless we study all. True, the rationale of mesmerism, clairvoyance, &c. is but little understood, yet as the facts upon which their existence is predicated have not been and cannot be “explained away,” we should consider any attempt to harmonize them with ascertained physiological and philosophical principles at least laudable.

The work in question gives a very clear anatomical and physiological description of the brain and nervous system, illustrated by numerous plates. The mesmeric phenomena are divided into the following distinct states, each of which is separately explained: 1. MESMERIC DROWSINESS, OR SLEEP; 2. COMA, OR PROFOUND SLEEP; 3. INSENSIBILITY TO PAIN; 4. PHANTASY; 5. PHRENO-MESMERISM; 6. TRANSFER OF STATE OR FEELING; 7. MENTAL ATTRACTION; 8. CEREBRAL LUCIDITY, OR CLAIRVOYANCE. To the latter and highest state the author prefers the term INNER VISION, OR SPIRITUAL LIGHT.

In the application of mesmeric influence to the treatment of disease, we are glad to find that the author does not make it a one-idea hobby. He regards it as a powerful auxiliary in the management of various abnormal states called “nervous,” and of great importance in mitigating pain, facilitating difficult surgical operations, &c. His rules for the practice of mesmerism are very plain and simple, and so far as I am competent to express an opinion, as valuable as the more complicated and difficult directions which have been given in other works.

LETTERS TO LADIES, IN FAVOR OF FEMALE PHYSICIANS.

This pamphlet of forty-eight pages, by Samuel Gregory, A. M., Secretary of the American Medical Education Society, should not be overlooked by an inquiring public.* It presents a strong array of historical and physiological facts and arguments in favor

* It may be had of the publishers of the Water-Cure Journal. Price 12½ cents. Mailable.

of restoring the practice of midwifery to properly-educated females, to whom it rightfully belongs. Engaged in this movement are many of the most distinguished philanthropists of our country. May speedy success attend it.

MISCELLANY.

WOMEN'S DRESSES.—What is now needed, is to particularize the faults and give the reasons plainly, so that she "who runs may read" and *understand*, and afterward suggest some plan or plans for reforming those "abuses." We can call them by no lighter name.

MRS. SWISSHELM, a vigorous writer, and as fearless as vigorous, thus hits off one of these fashions:

"WORD FOR THE LADIES.—Walking is getting quite out of fashion, and young women now-a-days wriggle along as if they were moved ahead by one of Ericson's patent propellers. Their walk is as crooked as that of a ship with all her sails and no rudder. They are as graceful in their motions as a militia colonel's horse, or a broken-down 'racker.' I notice they are awfully deformed, too, as a general rule, having great humps on their backs, like droedaries—all which is doubtless very pleasant to the traders in cotton batting and hay. This 'new edition' of the shape may be a great improvement on the original, but if so the original must be 'shocking bad;' for if there is an ugly-looking object about it, it is one of those wadded and padded young women. If one of them should be furnished by nature with these humps (or heaps) she would be exhibited as a curiosity, at a flip a peep, like a double-headed pig. Some months since somebody sent me through the P. O. a semicircular bag of cotton, and I was told it was a very prominent article of female apparel, used to perfect the human shape! It is a curiosity, and a few years hence I mean to send it as such to Barnum's Museum. It looks like anything except an article of dress. There is nothing to compare it to, in the heavens above, on the earth beneath, or waters under the earth. They call it—so I am told—a bishop—and if so, I certainly go in for

'A church without a bishop,'

as heartily as for

'A state without a king.'

"I hope, after reading these strictures, that the young women will give up wriggling through the streets like a parcel of eels; content themselves with the human form, and try the experiment, at least, of acting like responsible beings."

We are glad these subjects, though in detached portions, are gaining some notice.

The Kalamazoo, Mich., Gazette has had several articles. "BELINDA" has been making various criticisms on O. S. Fowler's strictures upon fashion, and is answered by the editor of that paper. Other papers are also calling the attention of their readers to this much needed reform, and since the wheel has begun to move let us keep it moving.

Mr. Fowler's work on Tight Lacing should be read by every woman who cares to reform her own errors, or those of her friends who are sufferers. A clergyman said it should be put in every pew in every church in our land. A physician remarked that if

the "tight lacer" was the only sufferer of the effect of her lacing, it would matter but little, for her poor lacerated body would the sooner fall under the oppression (pressure), and then it would cease to be afflicted thereby. But the result is not in her grave. Her children cannot receive from their mother such and as much nourishment and vigor as if all her muscles had their free action and development. And although nature will do her best to repair the wrong, it cannot be fully done, and in requiring her efforts in this direction she must leave something else less perfect than she otherwise would have done. "Let nature have her perfect work." Tight lacing is not the only reform needed in women's dresses.

Can we not take pattern, in part, at least, from some other nation or tribe, retaining all the good and omitting the evil?

There are now too many thicknesses of clothing around the hips, and also too great a weight resting thereon, causing a weakness of the back and a fever in all the lower regions of the body.

Does it not seem inconsistent when we think of the very thin clothing over the upper part of the body compared with the lower? Should we not rather dress both portions with equal warmth as well as freedom; and would not the result be beneficial? We are not unaware that some will interpret us to advocate the idea of woman's assuming man's style, and scout it as "monstrous," "indecent," "Utopian," and the like; but understand, we do not advocate this, but are merely pointing out the evils of the present system, and giving our reasons, hoping some one will point to "a better way;" still, we would rather that men and women dressed so nearly alike that their sex could not be distinguished by their dress, than that the whole race should longer suffer as they have done by the present form. Who will give us the various modes of female dress among the Eastern nations, and suggest improvements? What can be said of the costume of the Chinese women? Perhaps we can draw some good from them, notwithstanding the punishment of their pedal extremities. Perhaps we can learn something from our own Aborigines. B.

DEAR BROTHERS IN THE WATER-CURE.*—The work goes bravely on in New England. The cause we love so well is prospering beyond anything in the annals of reform. Everywhere I go, and I, as you know, am "round some," I find the most ardent inquirers concerning the truth as it is in Hydropathy. According to all accounts, there is no subject that the people listen to so willingly and patiently as they do to LECTURES ON THE WATER-CURE.

The reason is plain—they feel it concerns them intimately to know "whether these things be true or not;" and when once the two systems are brought in juxtaposition, and the philosophy of each duly explained, they can't help seeing the superior beauty of the new and better way.

* From our friend NOGGS, of Boston.

I am happy to learn that your subscribers increase so fast—good enough for you. I hope every year it will be just so, only more so.

Mrs. Noggs is well, thanks to cold water, and so are all the little Noggs's, who also daily use the precious baths. It is, I think, the best *elementary* education they could have.

Tell brothers Shew, Trall, Mundie, &c., &c., that I visited them all on New Year's day, in imagination, and should be happy to see them bodily here.

In haste, thine, Noggs.

ANECDOTE.—The following anecdote is told in an old book of the Rev. John Bulkley, a grandson of President Chauncy, and the first settled minister in Colchester, Conn.:

"The Rev. Mr. Bulkley was famous in his day as a casuist and sage counselor. A church in his neighborhood had fallen into unhappy divisions and contentions, which they were unable to adjust among themselves. They accordingly deputed one of their number to the venerable Bulkley, for his services, with a request that he would send them his advice in writing. The matters were taken into serious consideration, and the advice, with much deliberation, committed to writing. It so happened that Mr. Bulkley had a farm in the extreme part of the town, upon which he intrusted a tenant. In superscribing the two letters, the one for the church was directed to the tenant, and the one for the tenant to the church.

"The church was convened to hear the advice which was to settle all disputes, and the moderator read as follows: '*You will see to the repair of the fences, that they be built high and strong, and you will take special care of the old black bull.*' This mystical advice puzzled the church at first, but an interpreter among the more discerning ones was soon found, who said: 'Brethren, this is the very advice we most need. The direction to repair the fences is to admonish us to take good heed in the admission and government of our members; we must guard the church by our Master's laws, and keep out strange cattle from the fold. And we must, in a particular manner, set a watchful guard over the Devil, the old black bull, who has done so much hurt of late.' All perceived the wisdom and fitness of Mr. Bulkley's advice, and resolved to be governed by it. The consequence was, all the animosities subsided, and harmony was restored to the long-afflicted church."

"THE COMMON HEMLOCK FOR HEDGES.—Attention is now directed to the common American hemlock, as a substitute for the thorn and other deciduous shrubs, in hedges. It has been subjected to reiterated trials, it is said, in various localities where it is indigenous, and in every instance with the most complete success. It has many things to recommend it; among the more prominent of which may be mentioned its great hardiness, and the slight injury, comparatively speaking, it receives from transplantation. It is also well adapted to every variety of soil, and will flourish with great luxuriance on ordinary lands, without previous preparation or manure. Extensive lines of this beautiful hedge are to be seen in various sections of Western New York, where its cultivation has been attended, thus far, with the most astonishing success. As the tree is an evergreen, its appearance is necessarily at all seasons extremely ornamental, presenting in its full, dense foliage a most refreshing contrast to the dreary monotony of the winter scene, and adding, by its many attractive beauties, to the leafy glories of

the spring, and the affluent summer months. It is asserted, on reliable authority, that of all trees and shrubs yet applied for this purpose it is the most certain of success; being less liable to injury from the ordinary evils which so frequently prove fatal to the thorn, the locust, and other cognate species of plants, and in no way objectionable in consequence of root sprouts, by which the above-named productions foul the contiguous soil, and produce a suburban progeny, extremely detrimental to cultivation, whether directed to the production of root crops, grain or grass."

Can any one inform us where young Hemlocks may be obtained in sufficient quantities for the purposes above named? How long time is required for a hedge to mature?—EDS. W. C. J.

GREAT EMIGRATION OF SQUIRRELS.—It is stated, in some of the Kentucky papers, that the squirrels have paid another visit to that good old commonwealth, and are traversing it in great numbers.

"In 1822 Kentucky was visited by thousands and tens of thousands of these little quadrupeds, which crossed the Ohio river and steered due south. They were then little disposed to turn aside for man or dog. Thousands were killed by guns, stones, clubs, and spears fastened to long reeds. In 1833 they made another visit to this state, but in less numbers; they crossed the Ohio, as in 1822, and pursued the same course. Thousands were again killed by men, boys, and dogs. The sport soon lost its interest, and the unoffending hosts were permitted to pursue their way. We learn that they are now making a third march across the state."

A GREAT NURSERY.—Perhaps the largest nursery in the world is Booth's, in Holstein, one of the Danish provinces. It consists of 180 acres, and requires on an average 180 men and 20 women to cultivate it. Eighty packers are employed during the packing season. The average profit, for the last thirty years, has been \$15,000 annually, though at one time for twelve years, the sale of dahlias alone netted \$50,000 per annum, and to which eleven acres are still devoted. Some rare Orchideous plants sell for \$300 each. Of this family of plants, they have 5000 varieties, and 2000 of Dahlia. The collection of ornamental trees is enormous.

WHAT I LIKE TO SEE.—I like to see a physician employ his leisure time in lounging about the stores, reading hand-bills, notices, talking politics, &c. It shows that he intends to keep up with the improvements of the day.

I like to see a lady with a family aspiring to fame by writing stories for a newspaper. It shows that in all probability her children will be well taken care of.

I like to see a man spend four or five dollars a year for tobacco, and complain of being so poor that he can't take a newspaper. It shows that he intends his children shall cultivate their TASTE properly.

I like to see a farmer live in a large house, half finished, have no barn, his fences falling down, and the gates open. It shows that he is likely to prosper.

ONE OF MANY.

G. R. SNOW AND S. W. WILDER, we perceive, still issue at their office in Boston that admirable little paper, called the *Path-Finder*, which leads every business man that comes to the city into the right path exactly to find the best places of trade, &c., and also a corrected Monthly Railway Guide, which must be invaluable to all travelers. It takes Boston to do up "notions."

THE HEALING ART PROGRESSIVE.—Heretofore the medical profession has thriven upon the *ignorance* of the world. The doctors stuck to the impudent mysteries of dog-latin, held their canes to their noses, looking ever so wise, but saying never an intelligible word, dosed, purged and bled, put their names to little bits of paper, which set forth that the departed patient had departed in a “regular” way—but whoever heard of their telling the sick how to get well and keep well? It would be anything but professional to tell patients that air, warmth, food, cleanliness, exercise, sleep, are the medicines of nature. Preaching this doctrine, the dosers would have to change their calling to procure the natural medicine, food. If the homeopathsists are honest, they are entitled to respect for decreasing the quantities of medicine administered; better still the cold water practitioners, who plumpily maintain that to dig up vegetables and extract minerals to stuff people with, is taking a great deal of unnecessary trouble when God Almighty bids the healing waters spring fresh and pure from the earth—so that men have nothing else to do but “step in and be saved.” Then, too, Dr. Turner, the American advocate of chronotherapy, in warning humanity to keep the life, which is the blood, in their veins, instead of parting with it in semi-yearly instalments, (the old fashion) has woke up the world to a new truth or two. In defending these irregularities, these “heresies,” the world has been enlightened—man’s faith is now more in nature than in the doctor, and so these new schools, these ultra come-outers, and these partial come-outers, have done, and are doing a good and a worthy work. Men don’t trust their souls to the clergy now-a-days; nor will they trust their bodies to the doctors. Great reforms are progressing in theology and in medicine; the dry bones are shaking, and it does us good to lend a helping hand. The old school of medicine has been compelled to take the field in self-defence—that’s one good sign. A few years ago they affected to treat with silent contempt all assaults. But “masterly inactivity” won’t serve them now. They must stand up to the rack.—*Sunday Dispatch*.

AMERICAN VEGETARIAN CONVENTION.—It is proposed by a number of influential individuals in different States of the Union, that there be called in the month of May next, an AMERICAN VEGETARIAN CONVENTION, the same to meet in the city of New York. We shall allude to this subject in a future number of the Journal. Vegetarianism is a reform which is fast gaining in popular favor in England.

It is not improper for us here to remind our friends that we have recently published two invaluable works on the subject—that of Dr. ALCOTT, and one from Dr. LAMBE, an English work with notes and additions by Dr. SHERW; 50 cents each, and mailable from our office.

THE BANNER TOWN.—Mr. SAMUEL F. CURTIS, of PENN YAN, Yates county, New York, has sent us one hundred subscribers for the present volume of the Water-Cure Journal.

Considering the number of inhabitants, this is the “greatest yield” that we have had, and PENN YAN is justly entitled to be called the BANNER TOWN.

WEBER’S ANATOMICAL ATLAS.—It gives us pleasure to refer our readers to an advertisement which appears in the present number under the above title. This Atlas referred to is unsurpassed by anything of the kind. EVERY LECTURER and every Physician should obtain a copy of this great work. For terms see advertisement.

THE WATER-CURE IN KENTUCKY.—An excellent co-worker writes us from Maysville as follows:

“When sixty or seventy copies of the Water-Cure Journal shall have been circulated in our community one year, I think you may safely recommend a hydropathic physician to come among us, and our ‘Faculty’ (the Regulars) to turn their attention to some other employment.”

With this letter, we received fifty subscribers for the present volume of the Water-Cure Journal.

ON BOARD SHIP, bound for California, a young man writes to the UNIVERSE:—“None of us are afraid of dying, as we have got a doctor here who makes and gives pills for everything. One of the boys run a splinter in his hand—pills were given. The cook scalded himself—pills again. He is a ‘regular.’ We have had no serious case of sickness. We have had plenty of sea-sickness, and some of the boys are sick every time we have rough weather.”

FRUIT IN ORANGE COUNTY, N. Y.—J. J. MONELL, Esq., in his address before the Agricultural Society of his county, states that Mr. DUBOIS and his sons, of Cornwall, have sold in one year \$1500 worth of plums which grew on trees planted by the sides of their fences.

NOTICES.

HITCHCOCK AND LEADBEATER.—Our readers will find, on another page, the advertisement of these enterprising gentlemen. The vast extent of their business enables them not only to compete with other houses, but, in some respects, to surpass them. Their establishment has already become famous throughout our continent, and is daily becoming more popular. The secret of this unbounded success consists in three principles, namely:—Extensive advertising—the most strict, personal attention to business, and the fact that they are thorough REFORMERS, in the widest sense of the term. Our readers cannot do better than to patronize this house.

MRS. MARY ADAMS, of Worcester, Mass., has sent us fifty-two subscribers, for the present volume of this Journal, which entitles her to a PREMIUM, consisting of all the back volumes of the Water-Cure Journal, namely: 1, 2, 3, 4, 5, 6, 7, and 8, all of which are subject to her order. We have only a few sets left; all who wish them, will be prompt, and send on their clubs. It requires only \$25 to secure fifty copies of the Journal for 1850, and a complete set of all the back volumes.

ADVERTISEMENTS.—It will be a good investment for all of our Hydropathic friends to announce their ESTABLISHMENTS in the Water-Cure Journal. There is scarcely a town in the United States in which this Journal is not taken.

AGENTS.—We shall be happy to insert in the Water-Cure Journal the names and residences of such LOCAL AGENTS as may desire to have their names appear.

THE SCIENTIFIC AMERICAN.—In our advertising department may be found the PROSPECTUS of this most excellent paper.

WHAT THE PAPERS SAY OF THE WATER-CURE JOURNAL.—"It is one of the best health periodicals ever published."—*Religious Instructor*.

"For the benefit of the community, we should be glad to see an issue of 100,000. It is cheap at \$1 per year."—*Free Democrat*.

"It teaches the whole art of Water-Cure, and, independent of this, it is the best manual of health we know of."—*Perysville Eagle*.

"We cannot but believe that Messrs. Fowlers & Wells are conferring a great benefit on society by the publication of this Journal."

VARIETIES.

TOBACCO PATHY.—Noticing some time since in the Journal quite a number of *pathies*, I thought one more might be added to the list under the above head:

Of Pigtail take a quid,
The oftener the better;
Soon you're of freedom rid,
And bound by Habit's fetter.

'Twill varnish up your teeth,
And paint your whole exterior;
'Twill daub your mouth and chin,
And make you look superior.

If to digest your food
Your stubborn stomach ceases,
Offended by abuse,
Or gluttonous excesses;

Why cram in the tobacco,
It's temper to correct:
If this it can submit to,
Pray what would it reject?

As the "whipt child" is humbled,
Thus might your stomach say,
"All else I'll bear with patience,
But keep the Weed away."

Ye fair ones! get a box
Of pulverized Tobacco;
Take "Macuba" or "Scotch,"
Just which you best may like to.

Once every five minutes
A pinch snuff up your nose;
Your fingers, lips, and 'kerchief,
Will take a share, I s'pose.

Your clothes will be nice looking
With black and yellow speck on:
The dinner you are cooking
You'll season well, I reckon,

Gents! take a huge Cigar,
With consequential graces,
And puff it with an air
Among the ladies' faces.

See what debasing Thrall
Poor mortal can be brought to,—
You'll be shunned by all,
Or at least you ought to.

W. S.

North Easton, N. Y., 1849.

REMARKABLE EFFECTS OF "GENUINE" COD-LIVER OIL.—A gentleman living in Tompkins' Square having been induced to try the effects of the "genuine" cod-liver oil, in his impaired constitution, purchased a bottle of it, price one dollar, at a highly "respectable" druggist's in Broadway, and commenced taking it according to directions. He had swallowed but three doses when, to the utter astonishment of himself and family, he commenced whaling his wife and servants. They thought, very naturally, that he was crazy, and sent for Doctor Rogers, the family physician. The doctor was greatly astonished on hearing the complaints about his patient's complaint, and began an investigation into the gentleman's habits and diet. On hearing that he had been taking the "genuine" cod-liver oil, Doctor Rogers burst into a horse laugh, and said he could explain the mystery in a perfectly satisfactory manner. He then proceeded to tell his patient that, from the oil of whales, it was perfectly natural, on the principle of *similia similibus*, well understood by physicians, that those who took it inwardly should be addicted to *whaling*. The gentleman then threw the remainder of the cod-liver oil into the street, and congratulated himself on not having taken more of it, for Doctor R. intimated that a few more doses might have terminated in making a whaler of him for life, and instead of living quietly at home he might have been on board of a Nantucket whaler bound for the Pacific.—*Sunday Courier*.

HOW THE ELECTRIC EEL IS CAUGHT.—All other fishes fly the vicinity of these formidable eels. Even the fisherman angling from the high banks fears lest the damp line should convey the shock to him from a distance. Thus, in these regions, electric fire breaks forth from the bosom of the waters. The capture of the gymnoti affords a picturesque spectacle. Mules and horses are driven into a marsh which is closely surrounded by Indians, until the unwonted noise and disturbance induce the pugnacious fish to begin an attack. One sees them swimming about like serpents, and trying runningly to glide under the bellies of the horses. Many of these are stunned by the force of the invisible blows; others, with manes standing on end, foaming with wild terror sparkling in their eyes, try to fly from the raging tempest. But the Indians, armed with long poles of bamboo, drive them back into the middle of the pool. Gradually the fury of the unequal strife begins to slacken. Like clouds which have discharged their electricity, the wearied fish begin to disperse; long repose and abundant food are required to replace the galvanic force which they have expended. Their shocks become gradually weaker and weaker. Terrified by the noise of the tramping horses, they timidly approach the bank, where they are wounded by harpoons, and cautiously drawn on shore by non-conducting pieces of dry wood.

DEATH OF THE SON OF LAFAYETTE.—A Paris paper of Dec. 1st announces the death on that day of George Washington, oldest son of General Lafayette. He accompanied his father in his visit to this country in 1828, and was a member of the Chamber of Deputies under Louis Philippe. He was also a member of the Constituent Assembly after the February revolution.

THE total number of deaths in New York city during the past year is estimated at 23,372, of which 5,073 were from Cholera. The mortality of the city during the preceding year amounted to only 14,618; but, allowing for the increase of emigration, and the fatal effects of the epidemic, the excess in the number of deaths for 1849 is fully accounted for.

THE WARINESS OF DEER.—The deer is the most acute animal we possess, and adopts the most sagacious plans for the preservation of its life. When it lies, satisfied that the wind will convey to it an intimation of the approach of its pursuer, it gazes in another direction. If there are any wild birds, such as crows or ravens, in its vicinity, it keeps its eye intently fixed on them, convinced that they will give it a timely alarm. It selects its cover with the greatest caution, and invariably chooses an eminence from which it can have a view around. It recognizes individuals, and permits the shepherds to approach it. The stag at Tornapress will suffer the boy to go within twenty yards of them, but if I attempt to encroach, they are off at once. A poor man who carries peats in a creel on his back here, may go "cheek by jole" with them; I put on his pannier the other day, and attempted to advance, and immediately they sprung away like antelopes. An eminent deer stalker told me the other day of a plan one of his keepers adopted to kill a very wary stag. This animal had been known for years, and occupied part of a plain from which it could perceive the smallest object at the distance of a mile. The keeper cut a thick bush, which he carried before him as he crept, and commenced stalking at eight in the morning; but so gradually did he move forward that it was past five P. M. before he stood in triumph with his foot on the breast of the antlered king. "I never felt so much for an inferior creature," said the gentleman, "as I did for this deer. When I came up, it was panting life away, with its large blue eyes firmly fixed on its slayer. You would have thought, sir, that it was accusing itself of simplicity in having been so easily betrayed."

LABOR TO MAKE A WATCH.—Mr. Dent, in a lecture delivered before the London Royal Institute, made an allusion to the formation of a watch, and stated that a watch consists of 993 pieces, and that 43 trades, and probably 215 persons, are employed in making one of those little machines. The iron of which the balance spring is formed, is valued at something less than a farthing; this produces an ounce of steel worth 4 1/4d., which is drawn into 2250 yards of steel wire, and represents in the market £13 4s.; but still another process of hardening this originally farthing's worth of iron, renders it workable into 7650 balance springs, which will realize at the common price of 2s. 6d. each, £946 5s., the effect of labor alone. Thus it may be seen that the mere labor bestowed upon one farthing's worth of iron gives it the value of £950 6s., or \$4532, which is 75,900 times its original value.

ALMOST EQUAL TO COD-LIVER OIL.—A down-east distiller recently attempted an experiment upon the gullibility of us Gothamites, which almost equals the feat of a "respectable druggist," in making cod liver oil out of blubber. The down-easter purchased seventy-five empty brandy pipes, which had once been filled with the genuine *eau de vie*, of Oard Dupuy & Co. He filled them up with liquor of his own making, and shipped them to New York, and had them put in a store adjoining one of the U. S. Bonded Warehouses, with the intention of selling them as "brandy in bond." Unfortunately for this enterprising Yankee, one of Mr. Maxwell's officers happened to twig the brandy when it was put into the store, and finding that it was not in charge of an inspector, thought he smelt a rat. Off he went to the Collector, laid an information against the suspected brandy, which led to its being seized, the fraud discovered, and the confiscation of the spurious liquor, which was sold at auction last week, for the benefit of

TEA AND COFFEE.—Many of our subscribers write us that they have discontinued the use of tea and coffee since becoming subscribers to the WATER-CURE JOURNAL. This we always like to hear: the many advantages which will grow out of this need not be enumerated, as every one who takes a correct view will not fail to appreciate some of them, at least. Will not some friend give us the statistics showing the amount of money expended by each family, and by the nation, for tea and coffee, in the course of a single year? Or how much in the course of fifty years?

PULSE OF VARIOUS ANIMALS.—The pulse of several of our domestic animals, as given by Vatel in his "Veterinary Pathology," is nearly as follows:—Horse, from 32 to 38 pulsations per minute; ox or cow, 35 to 42; ass, 48 to 64; sheep, 70 to 79; dog, 90 to 100; cat, 110 to 120; rabbit, 120; duck, 136; hen, 140.

TWO OF THE MOST REMARKABLE DISCOVERIES OF MODERN TIMES.—The art of making sperm candles from hog's lard, and the still greater art of making cod liver oil from common whale oil. The man who invented the art of extracting sunbeams from cucumbers was an innocent compared with the geniuses who made the above improvements in science.—*Sunday Courier*.

TO CORRESPONDENTS.

READERS generally, will do well to read ALL our answers "To Correspondents," as they will not unfrequently find questions answered applicable to their own cases.

J. W. C. asks, "How should I treat gravel (of the Lithic acid variety, and seminal and urethral weakness), all of which came on at the same time, and are of seven years' standing? I suffer much at frequent intervals from the action of all three."

Drinking freely at proper times (see Water-Cure Manual) of pure soft water (rain water is excellent) effects, in time, great good in such cases. Diet should be plain and unstimulating; otherwise the symptoms will be aggravated. Exercise should be kept up, but not too great. Two or three ablutions per day, the water not too cold, will be beneficial. Wet bandages worn over and upon the parts affected, the same to be often changed, will be highly serviceable in this case. The wet sheet packing may also be used with advantage. We advise this friend to persevere, although his case is a hard one. We shall be glad to hear how he succeeds.

W. B.—Will the editors of the Water-Cure Journal please give their opinion on the following question?

Is the common notion that ladies nursing young children ought not to put their hands into cold water, or handle cold substances, on account of their being injurious, correct? On what ground is that common idea based?

NURSING MOTHERS.—The common notion is not correct. It is not based on any ground whatever; it is a groundless whim. The error is one of the incidents of that egregious mistake of the medical faculty, which regards the rearing of children as an *unnatural* business, and necessarily liable to numberless diseases and accidents, requiring continual doctoring, nursing, fuming, and fooling. Pregnant and nursing women are in fact *more exempt* from ordinary ailments, provided the doctors let them alone to follow their usual ways and habits.

B. B. is informed that we think by untiring perseverance in moral, as well as physical treatment, he may yet recover from the effects of transgression.

Keep the mind constantly employed in ennobling pursuits; and in social intercourse, mingle with none but the most moral.

Use the cold affusion on rising;—sit bath in water at 72° F., and rubbing of lumbar region five minutes, just before retiring.

Wet the back part of head and neck often in cold water. Keep the feet warm. Exercise much in open air.

Dress thin. Sleep in a large, well-ventilated room—upon hard bed and pillow. Retire and rise early.

Live principally upon unbolted wheat bread, potatoes, a little good butter, and ripe fruit.

Drink nothing but water, and that only when thirst demands.

Abstain entirely from sugar and molasses, and never eat between meals.

Follow this course steadily for months, and then let us hear again.

J. M. asks, "Why do you object to the use of soap in washing the body?"

We do not always object to it; as, for instance, when we have to introduce a patient to the Water-Cure who has for years made his stomach a sepulchre for all manner of animal food, from the fatted porker to goose liver pie. We say, under these circumstances, a piece of soap, to counteract the enormous deposit of oleaginous substance, is sometimes welcome; but all who adopt the natural diet and regimen vindicated in the W. C. Journal will scarcely require an unnatural, irritating agent to keep the body clean.

BURLINGTON, IOWA.—In the case of deafness, the "probable pathological condition" is hardened ear-wax, or a deficient secretion of it. The ringing in the ears denotes obstruction rather than loss of power. It is barely possible the obstruction may be in the eustachian tube, yet not likely. The patient requires strict diet, a persevering use of the pack sheet, with warm water injections into the cavity of the ear. An establishment for a while would be the best way to commence. Deafness following colds, fevers, and inflammatory affections about the head, has often been cured after existing months or years.

DYSPEPTIC PNEUMONIA.—Our friend in Truro, Mass., has a long-standing liver complaint, finally extending its influence to the lungs, making the incipient stage of the affection known in medical books as dyspeptic consumption. To treat it hydropathically, use the pack one hour, or the rub sheet ten minutes, daily. Wear the wet jacket half or two-thirds the time; take a half or sitz bath at least once a day. Abandon all stimulating food, drinks, and condiments.

J. C. M., of OHIO, wishes to know *exactly* what the legal postage is on the Water-Cure Journal.

ANSWER.—The postage on this Journal is 1 cent, or 12 cents a year within the state, or within one hundred miles out of the state; and 14 cents, or eighteen cents a year, beyond those distances.

LADIES FOR CALIFORNIA.—A young lady of Boston has accepted an offer of \$400 per month to act as book-keeper in a mercantile house in San Francisco. We also learn that several young ladies are about leaving Boston for California.

BOOK NOTICES.

ANNOUNCEMENT.—In press, and will be published soon, ILLUSTRATED BOTANY, FOR ALL CLASSES, containing a Floral Dictionary, and a glossary of Scientific Terms. Illustrated with more than One Hundred Engravings: By John B. Newman, M. D., author of various works on the Natural Sciences. Price, 50 cents; Fowlers & Wells, publishers.

THE PHYSICIAN AND PATIENT, or a Practical View of the Mutual Duties, Relations and Interests of the Medical Profession and the Community, by Worthington Hooker, M. D., New York: Baker and Scribner. 1849.

We have here a volume of some four hundred pages, written by a "Regular" for the "Profession," and of course unworthy a "REVIEW" in the Water-Cure Journal. We shall, therefore, give it but a brief notice.

This Doctor shows his *ignorance* in many things, by talking largely about matters he has never examined. He condemns ANIMAL MAGNETISM, which some sensible people believe in, and he calls everything *quackery* which is not "regular." He attacks THOMSONIANISM, HOMOEOPATHY, HYDROPATHY, and all other pathies, except *Allopathy*. It is evidently the offspring of disappointed hope. The man's practice must have been small, and hence, he became irritable, nervous, and *cross*, and has set himself at work to "blow up" everybody except the regulars. He can see no virtue in any system but his own. His book smells strong of pure, genuine "COD LIVER OIL."

THE WORKS OF THE LATE EDGAR ALLAN POE: WITH NOTICES OF HIS LIFE AND GENIUS.

We copy from the Baltimore American the following notice, which we regard as impartial and truthful:

"Two handsome volumes have just been published by Mr. J. S. Redfield, New York. They contain *The Works of the late Edgar Allan Poe*, with notices of his life and genius, by N. P. Willis, J. R. Lowell, and R. W. Griswold. The writings of this extraordinary man have long been known to the literary world as remarkable specimens of talent and genius seldom found united in one person; and both his prose and poetical productions are pointed to as among the finest literary gems of the present century. In the volumes now presented to the public these are methodically arranged; and in their perusal the reader will find his thinking powers drawn into active service, while his admiration is called forth in every meaning word and powerful expression which springs without an effort from the gifted writer's pen. Mr. Poe's wayward course of life left his family destitute, and the publication of his works is made for their benefit. Those who buy them pay a tribute to his talent, and render assistance to one of the author's near relatives."

This work is beautifully printed, and will obtain an extensive sale.

THE VALLEY FARMER, and Western Mechanic, published monthly, by the editor, Ephraim Abbott, at St. Louis, Mo. Terms, \$1.00 a year in advance.

We say, "God speed" to all well-directed agricultural publications. If "light," at the present day, is wanted on any one subject, more than another, it is on agriculture, and we hail the Valley Farmer with hope and delight, believing it will do good to every one who reads it. It is particularly adapted to the farmers of the great Mississippi Valley.

CHRONIC DISEASES: Especially the Nervous Diseases of Women. By D. ROSCH. Translated from the German, by Charles Dummig. New York—FOWLERS & WELLS. 1850.

We very much question the propriety of putting such stuff into popular treatise. Such information is properly to be conveyed through medical works. Representing the fall of our first parents to be abuse of their connection is degrading. Although the author disclaims polygamy, yet the tendency of his remarks are stronger than his disclaimer. A favorite object with a certain class of reformers is resort to the strong arm of the law to effect their object. This writer would seem to erect a legal tribunal in the bed-chamber. The book is replete with fulsome regard to woman's rights.—*The American Artisan*.

We copy the above from the *American Artisan*, a very large weekly newspaper, published in New York city, by a man by the name of FLEET.

THE AMERICAN FRUIT CULTURIST, containing directions for the propagation and culture of Fruit Trees, in the nursery, orchard, and garden, with descriptions of the principal American and Foreign varieties cultivated in the United States. By John G. Thomas—Illustrated with Three Hundred Figures. Auburn: Derby, Miller & Co.; Fowlers & Wells, New York. Price, \$1.25.

This is a valuable book, and we should say almost indispensable to every man who may wish to engage in the culture of fruit. Every Hydropath should encourage this most important branch of domestic husbandry. Let every MAN, WOMAN, GIRL, and BOY, learn to set out trees. If they have no land of their own, plant them by the road-side, and the fruit thereof shall be a blessing to the poor and needy. What a field for real benevolence.

THE PRISONER'S FRIEND, a monthly magazine, devoted to Criminal Reform, Philosophy, Literature, Science, and Art. Charles Spear, editor and proprietor, Boston, Mass. Terms, \$2.00 a year: New York, Fowlers & Wells.

This excellent publication continues its work of mercy, and ministers to the afflicted in a most commendable manner. We believe this is the only publication in the United States devoted to prison reform. It should be liberally patronized.

SINGULAR REVELATIONS, Explanation, and History of the Mysterious Noises in Western New York, generally received as Spiritual Communications. Available; price 25 cents. For sale by Fowlers & Wells, New York.

This is a curious book. Indeed, we must admit that it contains problems which our "reason" or experience utterly fails to comprehend. What, then, shall we say of it? For the present we hold ourselves in a passive state, ready to believe when evidence shall demonstrate its truthfulness.

To inquirers we can only say, read the book, then judge for yourselves.

HORACE GREELEY, editor of the New York Tribune, has recently written a TRACT of twelve pages on ALCOHOLIC LIQUORS, their essential nature and effects on the human constitution: Published by Oliver & Brother, New York. Of course, it is an unanswerable argument against the use of alcohol, in any form.

PSYCHOLOGY, or the Science of the Soul, by Joseph Had dock, M. D. Just published, by Fowlers & Wells: price 25 cents. For further notice, see "REVIEWS," in the present number.

THE OHIO CULTIVATOR, edited and published by M. B. Rateman, Columbus, Ohio, at \$1.00 a year, in advance.

Vol. VI. commenced on the first of January, 1850, and now is a good time to subscribe. It is "just the thing," for every farmer in Ohio, and well adapted to those in other States. Subscribe for the Ohio Cultivator.

THE AMERICAN JOURNAL OF INSANITY, No. 3, vol. VI., is received. Since the death of Dr. Brigham, it has been edited by the officers of the New York State Lunatic Asylum, at Utica, N. Y.; published quarterly, at \$1.00 a year. We have spoken of the value and importance of this before.

THE NEW ENGLAND FARMER, edited by the veteran, S. W. Cole, published by J. Nourse, of Boston, Mass., continues its semi-monthly visits, and is such a work as might be expected from the head of the agricultural interest of New England. Terms only \$1.00 a year.

THE SPIRIT OF THE AGE, edited by REV. WILLIAM HENRY CHANNING, has just commenced a new volume. Those who wish for one of the very best family newspapers, will do well to subscribe for this paper. See prospectus and terms in advertising department.

A DIRECTORY.

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For either of the above, or any other works on Hydropathy, please address, post paid, Fowlers & Wells, Clinton Hall, 190 and 131 Nassau-street, New-York.

N. B.—Agents and co-workers will find it to their interest to engage in the sale of these and our other publications on which a liberal profit may be realized.

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC PHYSICIAN.—NO. 3.

Enters College—Becomes a Critic—Life Power—Some properties of the Life Power—Human Life Power—Bones of the Body—Muscles of the Body—Nerves of the Body—Nervous System—The Skin and its Offices—Stages of Digestion—Glands and the Apparatus—Nervous Fluid—Physiology and Pathology—Vis Medicatrix Nature—Origin of Medicine.

ENTERS COLLEGE.—When I first entered the University, my experience in practical medicine was already very considerable. I had acquired the manner, and some degree the tact, of a regular prescriber; knew how to take hold of the pulse, watch the countenance, examine the patient, and write in the usual dog Latin my orders for calomel and jalap, rhubarb and magnesia. Besides all this, I was a good chemist and apothecary, and although my reading of medical works had only tended to confuse my mind, yet I was well prepared to profit by superior learning, and hoped that in some shape my previous studies might be rendered available. I must say that the instruction was superior, and the majority of us rapidly advanced in anatomy and surgery, and would have done so in an equal degree in other branches, had there been any harmony in doctrine among the professors; so far from this, however, each of the six held diverse views from his fellows, and did all he could to train the class in accordance with them. Startled and confused by the array of opposing arguments, but few endeavored to grapple the matter, and those few at first with but partial success, while the remainder gave up all hope of ever appreciating anything about theoretical medicine, and busied themselves in trifling amusements.

BECOMES A CRITIC.—The few who remembered the maxim that "what man has done, man may do," received a rich reward. By dint of hard study, theory after theory was mastered, and then we began to feel the want of a standard by which to test medical opinions. Taking the definition as our guide, that "true theory is calculation applied to common sense," a system of physiology was at last matured, which I will now explain, premising that on a good understanding of it will depend the interest in the after part of this series.

VOL. IX. NO. III. MARCH.

LIFE POWER.—Some years since I saw at a pyrotechnic exhibition a complicated piece of firework. Its beginning was very insignificant, but as the flame coursed along it presented the most glorious shapes and colors, until its ending was inconceivably beautiful. It emblemized the Life Power of our bodies. This power is enclosed at first in a little bag of jelly, but excited to action by surrounding stimulus, it takes this jelly and forms from it all the apparatus of organized bodies, strangely enough enlarging itself as its habitation increases in size.

SOME PROPERTIES OF THE LIFE POWER.—As this power exhibits in the animal kingdom six different sets of phenomena, to each set or property a name is given. Sympathy and sensibility wanting a nervous system through which to work, are consequently deficient in the Life Power of the vegetable kingdom, which has but five properties. Excitability, or that property that can be acted upon by external agents, and in turn act upon its fellows, is the mainspring of the whole. Thus the Life Power of the seed, encased in its envelope and buried in the ground, might lie there forever, were it not that the warmth and moisture produce their effect upon excitability, which fully roused, controls the other properties; the nutritious matter of the seed is soon exhausted, and recourse is had to the elements of air and water; from these the organic structure steadily and rapidly rises, until its point of perfection is gained; there it is forced to stop, for the Life Power can no more go beyond the type originally impressed upon it, than the firework could make a wheel when arranged for a square. It is owing to this law that turnips and roses, and poisonous plants, will grow in the same plot of ground and from the same stem, yet never change the one into the other.

HUMAN LIFE POWER.—From what has been said it will at once be perceived that the life power of the human body is exactly the shape of that body; that the bread and butter, and coffee and meat we eat, though the materials of which the organs are formed, do not in themselves form these organs, but are merely passive agents in the process. The matter forms a suit of clothes for the soul, and when death or a separation of both takes place, an immaterial form remains instinct with life and activity, and freed from its encumbrance of clay.

BONES OF THE BODY.—There are in the body some two hundred and forty-eight distinct bones to form the framework of the house of the soul. At proper places, elaborate joints and hinges are formed with the most consummate wisdom, so that the whole may be as light and moveable and strong as is consistent with the materials. (Cut of the bony skeleton.)

MUSCLES OF THE BODY.—Attached to these bones, for the purpose of moving them, are some five hundred distinct muscles. The muscle is that part of an animal we call the lean meat. They are joined to the bones by means of cords and tendons. (Cut of muscular skeleton and also of the arm, showing how muscles raise weights.)

NERVES OF THE BODY.—To control the muscles and not only render them subject to the will, but also for the purpose of receiving messages from the outer world, a system of nerves is introduced to the body; and it is owing to this system that the attribute of *sympathy* is possessed by animals. Sympathy is of three kinds—contiguous, continuous, and remote. Contiguous sympathy is that when the parts adjacent to each other are affected by disease; continuous sympathy is that when it spreads over the same surfaces; and remote when its impression is sent to the brain, and from that organ, by means of the nerves, is radiated to every part of the system. Contiguous sympathy is exemplified where portions of the bowels touch each other, and thus become affected in disease; it is probably remote sympathy on a smaller scale, produced by means of the ganglions of the great organic nerve acting as brains, and radiating in a confined space the impressions sent to them. Continuous sympathy is shown in diseases of the bowels, skin, &c., such as dysentery and erysipelas. Remote sympathy is shown when cantharides are taken in the stomach, and act on the neck of the bladder.

NERVOUS SYSTEM.—The nervous system is composed of two kinds of matter, white and gray. The white forms the nerves, and is used alone in communicating and receiving impressions; it always ends in gray matter, the masses of which are called ganglions. The nerves of the lower extremities run into the spinal marrow at its commencement in the lower portion of the back bone. From that point, two planes of grey matter run upward; these planes are the ganglions of sensation and motion, and the nerves that convey each set of messages respectively run into them. (Cut of nerve, showing motion and sensation). At the upper part of the spinal marrow, a third ganglion is added to superintend respiration; still farther the ganglions of the special senses; and at the termination is the commencement of the great hemispherical ganglions, allowed by all to be the seat of the understanding. (Cut of the back bone and spinal marrow, also of the side view of the brains.)

To superintend the nutritive system of the body, a special set of ganglions or little brains, with their corresponding nerves, is added; this set begins in the orbit of the eye, and terminates beyond the extreme end of the back bone. To make one por-

tion in harmony with another, the great organic nerve frequently communicates with the general system or voluntary nerves; the points of connection are called plexuses. (Cut of the ganglionic nerve). In consequence of this second system of nerves, we are freed from all care in relation to digestion, beating of the heart and arteries, return of blood through the veins, respiration, and the other actions of organic life.

THE SKIN AND ITS OFFICES.—The skin or cuticle is a mucous membrane lining all surfaces of the organism exposed to the action of air; the same sheet being expanded to cover the external body, lungs, intestines, bladder, &c., &c. When diseased, therefore, even when there was no other influence at work than continuous sympathy, the entire system would soon partake of disease. The kidneys at times do the work of the skin, and *vice versa*. In the exanthematous diseases, as small-pox and scarlet fever, the eruption covers the surface of the bowels as well as the outer skin; a fact that should make us careful of severe purging.

STAGES OF DIGESTION.—When food is taken into the mouth, the first act of digestion is performed by its mixture with the fluid secreted by the salivary glands stationed around the mouth; the organic nerve sending out its commands that the spittle should be thus poured out. Thus moistened, it passes down the gullet (oesophagus) into the stomach, (Cut where another command secures a flow of gastric juices (so named from the Greek word for stomach), (Cut here of stomach) which changes into *chyme*. The chyme passes through the pyloric orifice by the muscular contraction of the stomach, and by a similar emanation as before from the great nerve, the tube which is formed by the union of two ducts coming from the liver and sweet-breads (pancreas); (Cut of liver and pancreas) pours out upon the chyme its combined fluid, the effect of which is to change it into two substances, *chyle* (milk) and excrementitious matter to be thrown off. Millions of little leech-like tubes called *lacteals*, or milk-carriers, suck up the chyle and carry it to the mesenteric glands for further elaboration; passing these, it is carried to the chest-pipe or thoracic duct, and conducted to the subclavian vein to mix with returned venous blood. It now passes into the upper cavity or auricle of the right heart (Cut of heart), from whence it is thrown into the right ventricle, from thence into the pulmonary artery, (Cut of arteries), which carries it to the lungs; it there throws out whatever deleterious ingredients that remain in it, receives oxygen from the atmosphere, and of a red color, and perfectly pure, is carried to the left heart, entering its auricle, then descending to the ventricle, and from it passing into the aorta to be carried to every part of the system for purposes of nutrition. The arteries continually subdivide, until they become immeasurably smaller than hairs, each of the minute tubes at length terminating in a little bladder, which has three openings: one, by which the artery enters to carry its drop of pure blood, composed of 18 elements;

another, by which the absorbent, after selecting what it requires of these elements, (Sherwood's Cut) and combining them to carry off its secretion; and a third opening, appropriated to the orifice of a vein which sucks up the residue that is not wanted, and carries it off, to be finally brought back to the heart, mixed with elaborated chyle, and the compound again passed through the lungs for purification, to be pumped through the system.

GLANDS AND THEIR APPARATUS.—Special agents of the life power are stationed at various points to secrete peculiar fluids from the blood. These agents having a greater or less number of little bladders at their command, according to their importance, are called glands (cut of a gland). From the artery that leads to them they prepare the desired fluid, which they store up, ready at any command from the organic nerve to send forth. Thus the lachrymal gland secretes tears; the salivary gland, saliva; the sweetbread, the pancreatic juice; and the liver, bile; the last compounding its secretion from venous blood.

NERVOUS FLUID.—The gray matter of the brain secretes from the blood the nervous fluid or animal spirits. It is this fluid that courses the white matter of the nerves, and acts upon the muscular fibre, causing it to contract and thus obey the commands of the will. Every movement thus made in the body consumes a portion of this fluid. By sending commands to a particular set of muscles, the nervous fluid of that part becomes exhausted, and we are forced to rest, not to allow the muscles to gain strength, but that we may replenish our supply of animal spirits. It is in this way that remote sympathy operates. The nerves from an affected part bring such news as to alter the entire nervous secretion of the brain, and this, radiated upon every part of the body induces corresponding action, as all the glands are under the control of nerves and work as they direct. The brain, though constantly busy, cannot elaborate enough in general cases to supply the demand. After a time the whole stock is used up; the muscles refuse to obey us; the eye cannot see, the ear hear, as these wires (nerves) are not charged with magnetism; we become drowsy, and pass into the state of slumber, and while thus inactive, accumulate a plentiful supply of the needed article.

PHYSIOLOGY AND PATHOLOGY.—When the body is surrounded by proper influences, as a fine atmosphere, good air, &c., its excitability is acted upon in such a manner as to induce health; and the study of it in this state is called physiology. But excitability is equally susceptible of unhealthy stimuli, and the study of the system in that condition is termed pathology; and it is with this last that we have unfortunately most to do, and to illustrate which our series was written.

DISEASE.—Acted upon by morbid agents, excitability, having no power of withstanding their influences, sinks under it; and were there no other attribute than those we have considered belonging to the powerful, let sch exposure would in every in-

stance terminate in death. How then, living in a world such as this, do we continue to exist? The answer shows the infinite Wisdom that planned and formed our immaterial nature.

VIS MEDICATRIX NATURÆ.—Thousands of years ago it was perceived by the older physicians, many of whom were keen observers, that there was a power in our system that resisted disease, and repaired its ravages, and they gave it the name which forms the caption to this article. This principle is never brought into action except when its agency is necessary to save the organism, and consequently is not at all perceived in physiological investigation. It is the rock on which all medical science is based. By a few familiar illustrations we will explain its mode of operation. Most of us have gone out in winter, at times, without gloves, and been thus exposed to the action of severe cold; more especially when driving. At first the hands feel very uncomfortable and get benumbed; but in ordinary cases, in a little while a glow comes over them, and they become warm and remain so. The cold, acting on excitability, depresses the life power, until the spring was touched that roused into activity the *Vis Medicatrix*, which, thus alarmed, brought back the glow, immediately retiring when its work was finished. Many of our animals, as a writer has observed, too tender to endure the severity of a northern winter, wing their way on its approach to the sunny regions of the south, and find in tropical climates a temporary asylum. But there are others which have no means of leaving winter behind them, and what is the resource? It is a peculiar state of lethargy which comes on as the cold increases, and continues until the opening of spring and sunshine. This state of hybernation, as it is called, resembles that of profound sleep, except that the trance is deeper, the breathing nearly ceasing, and the bodily temperature reduced nearly to that of the atmosphere. If such an animal is taken from its obscure retreat and surrounded by a freezing mixture, it will, after a time, rouse into activity—its eye as bright, its pulse as fast, its breathing as rapid, and its temperature as high, as in the midst of summer. Exposure to the atmosphere will again make it torpid. All fevers are preceded by a chill, owing to the depressing influence of the miasma upon excitability, and sinking ensues, till, as in the case of the exposed hand and dormouse, the *Vis Medicatrix* is necessitated to act, fever succeeds, and the ensuing perspiration finishes the cure. Wherever in the history of Medicine this principle has been lost sight of, the science has sunk and its lustre paled; it becoming the bane instead of the hope of mankind.

ORIGIN OF MEDICINE.—Thus furnished with a standard by which to judge of the truth and usefulness of the views propounded by the learned and celebrated stars of the medical firmament, we will proceed to test the value of their light, commencing with the origin of the science, for which purpose we will glance at the Healing Art as practiced in later times among savage nations, presuming all beginnings to be somewhat alike,

and that the ancestors of Esculapius did not vary much in their treatment from barbarians of a later date. As practical benefit is our object, we will not unnecessarily encumber the page, and therefore our worthies will be only those who influence the opinions of their day.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with Notes and Additions, by NICHOLAS T. SORSEBY, M. D.

[Continued from the February No.]

RAMAZINI, says M. Méral, advises the laborers in these factories, to protect themselves as much as possible from the injurious effects of this plant, to avoid the dust by covering their mouths and noses with fine gauze, to breathe the fresh air as often as possible, to wash their faces with fresh cold water, their mouths with vinegar, and drink vinegar and water, for nothing is more effectual, says he, to detach and carry down the acrid particles adhering to the mouth and œsophagus; to drink, also, emollient, sweet, and emulsive drinks, etc. etc.; he vomits them to make them throw up by the shortest and quickest way the dust and ambler they have swallowed, which of itself provokes vomiting.

To all these details, the obstinate devotee of the weed may reply, that one after a while becomes accustomed to these noxious emanations, or at least, is less susceptible to their injurious effects; for, say they, the *old laborers* are now scarcely ever tormented by them.

It is truly grievous that, to sustain his assertion, he is obliged to use a word which we have taken the trouble to underline; for he gives us the right to use that adverb as a mallet to break all of his arguments.

In a word, if the *old laborers* are *scarcely ever* tormented by these noxious emanations, does it follow that they never will be again, as long as they are surrounded by that poisonous air and dust, which presses upon their brains like an atmosphere of lead?

Not at all!

If we had not already sketched the picture of their sufferings, and if the frame of this work was sufficiently large to transcribe in it all the heavy and secret pains that destroy the lives of these men, what insurmountable objections should we not adduce to oppose to the reply that he made! "*The old laborers are now scarcely ever tormented by them.*"

Remember now, always, that diseases do not always manifest themselves by phenomena—symptoms, so plain that it suffices for the most inexperienced eye to recognize them. There are poisons which, given in certain doses, and in certain forms, will kill as dead as if we were struck with lightning. Take now the same dose of this same medicine; but, before, study its action, as

you have been so murderous, divide it into fiftieths and in hundredths of grains; then, if you wish to establish upon yourself a scale of comparison, take it into your stomach in the least possible form; take it daily, being careful to augment gradually the dose, and at the end of two or three months, you will be able to support a dose of poison, that, taken all at once before commencing its use, would kill you instantaneously.

Let us go a little further. In graduating thus the doses of this substance, that bears death with it, when we take not the wise precaution to divide its force, and neutralize its effects, you may, perhaps, have experienced no ill effects from it; but put yourself every day, for six months, or a year, under the influence of the same preparation, and the time will come, be well assured, when your health, though good in appearance, will suffer seriously, and without your perceiving the hurtful blows that you have directed against it.

For our part, we know a certain Professor of the school of Medicine at Paris, who, to cure himself of a violent *gastralgia* (nervous affection of the stomach), concluded to resort to opium, with the flattering hope of soon relieving himself of the cruel affection to which he had been subject for several years.

As you may suppose, he commenced by taking very small doses of the remedy; they did not produce any sensible amelioration in his health; he augmented gradually, daily, the dose; but, from dose to dose, it happened that the remedy became more insupportable than the disease itself. Thus, after being uselessly narcotized for some months, he decided to abandon the opium, and seek relief from means less dangerous.

To resume these general considerations, and before commencing the second part of this book, where we shall give the history of some of the diseases of smokers, snuffers, &c., we will repeat that the absorption of tobacco into the human system enervates and debilitates all the tissues; that it stupefies above all the brain, and that from this continued stupefaction springs very grave and general disorders, such as the loss of memory, the diminution of the vital forces, marasmus, torpidity of the liver, bilious and nervous complaints, dyspepsia, diarrhoea, consumption, and those palsies, or tremblings, numbness and coldness of the limbs, and a number of other diseases that are common to those who make an idol of this noxious weed, so deleterious to the constitution.

PART SECOND.—Of Snuffing Tobacco—The Organ of Smell—Tobacco considered as an Errhin—Sneezing—Of the Organic Change which Tobacco occasions in the Nose—Nasal Catarrh, Coryza, Cold of the Head—Ozena—Fistula Lachrymalis—Polypus of the Nose—Cancer of the Nose—The Consequences of the General Perturbation of Sneezing—Of the Pipe, Cigar and Cigarette—Anatomy and Physiology of the Mouth—The Sense of Taste—Mastication—Tobacco considered as a Masticatory—Of Smoking Tobacco—The Diseases of Smokers—Notes

by the Translator—Of Chewing Tobacco—Of Dipping and Rubbing the Teeth with Snuff.

GENTLE reader, if you have perused our pages so far, you will perceive, we have considered tobacco in relation to the physiological and toxicological phenomena which manifest themselves in those who use and abuse it. But its injurious action does not stop there.

It is evident, indeed, that if this plant has sufficient power to modify the intelligence, the sensibility, and volition to the degree to occasion in them disorders more or less serious, it must necessarily leave traces of its passage upon the parts with which it comes in immediate and almost continued contact.

Of course, a plant so *savory* should be presented to its numerous consumers in many different forms, to suit all their different tastes.

Such is the fact, tobacco is introduced into the nose in the form of powder, by snuffing; into the mouth, in powder by dipping, and in leaves by chewing; and more frequently, in fumes by smoking. It remains now to study its irritating action in the nose, and then in the mouth.

THE ORGAN OF SMELL.

With most people the nose is nothing more than that triangular and pyramidal projection situated in the middle of the face, between the eyes and mouth, without their doubting the least in the world, the beauty and delicacy of the texture which lines its interior.

Before commencing the study of the organic changes that tobacco occasions in the system, and noses of snuffers, we deem it our duty to cast a rapid *coup d'œil* upon the organization and physiological condition, or state, of the part upon which it exercises so powerful an action.

Perhaps it may not be inappropriate to remark, that we shall be well paid for the labor that writing this book cost us, if, after having sketched this short anatomical picture, we should see some snuffers renounce their detestable habit, in just fear of what we shall be able to inspire them, of destroying one of the five senses which procures us the sweetest and most agreeable sensations, except, understand me, that of the powder which we are now combating.

The nostrils are the two cavities of the nose, hollowed out of the thickness of the face, which extend backward and terminate in other cavities called *frontal sinuses*, &c., &c.

A mucous membrane, quite thick and always humid, in the tissue of which the olfactory nerves, as well as a great number of other nerves and blood-vessels are spread, line their interior surface, and is prolonged in the sinuses which joins them, and covers the projections and depressions of their walls. This soft and spongy membrane, called *pituitary*, when healthy, secretes mucus.

We should have added, the eyes communicate with the nostrils by the aid of two canals which conduct in them constantly, a part of the tears which have served to moisten the eyeballs.

We should not omit to state, that the nasal

fossas, or nostrils, communicate by sympathy with the brain and stomach, &c., &c.; and that they are the special seat of the sense of smell, the uses of which are to inform us immediately of the odoriferous particles suspended in the atmosphere, from which information two secondary properties are deduced, viz. :—

1st. To watch the qualities of the air; and,

2nd. To control the quality of certain aliments.

Indeed, one would suppose that the sense of smell procured man too many joys for him to make it a sport to abuse it.

Man derives great pleasure at first in smelling the enervating perfume which the chalice of sweet and beautiful flowers exhale; then, he happens, by degrees, to love the odor of certain emanations which the dirtiest animal refuses to smell. A most astonishing creature is man!

TOBACCO CONSIDERED AS AN ERRHIN.*

Of all errhins, the plant about which we are engaged is the most used.

It was in the form of powder that tobacco was first employed in France; but at first, as a medicine; the physicians advised King Charles IX. to use it as a remedy for the headache, to which he was subject.

Very soon after, snuffing was used, not to combat the headache, toothache, &c., &c., but to procure a *sensation*, or for irritation.

During the reign of Louis XIV., it became fashionable, to the degree, to be besmeared with it.

Voltaire, in his *Dictionnaire Philosophique*, (tome vii. p. 260), says, that the *small folks* in France, having commenced to snuff, it was at first considered indecent for women to do so.

This is why Boileau thus expresses himself in the satire of women :

" Et fait a ses amants, trop faibles d'estomac,
Redouter ses baisers, pleins d'ail et de tabac."

If, at present, snuff is more than ever enthroned in our domestic manners, we shall not need poets as much inspired as the songster *Lutrin*, to cast blame and ridicule upon the custom. As a proof of it, listen to M. Barthélemy, who, in uniting the waves of poetry with the blue and light clouds that escape from the pipe and the cigar, could not refrain from stigmatizing with his rapturous satire all the old and young noses stuffed with snuff.

" Le priseur, au contraire, offre dans tout son être
Certain je ne sais quoi, qu'on ne peut méconnaître
Son gabie est ridicule, et son maintien chétif;
Dès qu'il porte la main vers le siège olfactif,
La tête vers la terre obliquement s'incline,
Il cûre la face et pince la narine;
Il a beau corriger ses gestes maladroits,
Arrondir le poignet en allongeant ses doigts,
Quelques soins qu'il se donne, il ne peut se défendre,
D'un air patriarcal qui frise le Cassandre.
Eh! comment ne pas rire, à voir le dénouement
De sa fatale prise, outre l'éternement ?

* Errhin, in medical language, is a substance applied to the mucous membrane of the nostrils to increase its secretion.

Comme le stimulant qu'il porte à cet organe,
Contraint à suinter sa muqueuse membrane,
Tantôt une topase, effroi du linge blanc,
Au bout du cartilage étincelle en tremblant ;
Tantôt elle envahit la gouttière nasale,
Et glisse vers la bouche en pente verticale ;
A moins que présenté d'une assez prompte main,
Le madras à carreaux ne l'éponge en chemin."

Well, Messrs. Snuffers, and above all, Madam Snuffers, what think you of this portrait ! Do you think Boileau could have done better, and has not this poetical daguerreotype of the *refined* custom of snuffing stereotyped you well !

But if poetry makes you blush to such a degree as to cause you to sneeze with vexation, science in turn will give you some severe brushes before we complete the picture in which your ridiculous grimaces have been so well delineated.

(To be continued.)

HEMOPTYSIS, OR PULMONARY HÆMORRHAGE.

BY S. ROGERS, M. D.

BLEEDING from the lungs is, in the public mind, so intimately associated with pulmonary disease, that the physician is generally obliged to direct his energies as much against the effects of fright as the actual danger from the hæmorrhage. It is erroneous to suppose that because blood sometimes oozes into the air-passages of the lungs, consumption must of necessity follow. On the contrary, most eminent medical authors tell us that pulmonary hæmorrhage is only a curative effort of Nature to relieve the morbid congestion of the lungs. This doctrine is no doubt true, and in cases where the consumptive tendency is not strongly marked, it is not uncommon for bleeding to occur, and repeatedly, too, without serious results to the patient.

Dr. Elliotson, an eminent medical author of much experience, says : "If a person spit blood, he should avoid everything which causes an irritation of the chest ; but he ought not to condemn himself ; for I have known persons spit a considerable quantity again and again, and yet afterward do perfectly well."

I would not, however, wish to convey the idea that hæmoptysis is always so slight in its effects as to be unworthy attention ; but believe it always indicates something wrong in the system. This wrong varies in degree, from the simple congestion of the lungs produced by a common cold, to the fatal ulceration of blood-vessels in the last stage of pulmonary disease.

The popular belief that hæmorrhage is caused by the rupture of blood-vessels is unfounded, except as it sometimes occurs in ulceration of the lungs. "The blood," says Professor Sweetser, "is effused from the pores of the mucous or lining membrane of the air-passages, independent of any rupture, in the same manner as it sometimes oozes from the gums, eyes, skin, and other parts, in scurvy, the last stage of low fever, &c."

Immediate death from loss of blood, except in the last stage of consumption, or in great debility

from other disease, need scarcely ever be apprehended.

Pulmonary hæmorrhage may occur in the strongest constitutions, but oftener it is to be found with those of a scrofulous taint. The exciting causes are various. Anything which creates unequal circulation or sends an undue quantity of blood to the lungs may produce it. Long exposure to cold dry winds, undue physical exertions, blowing upon wind instruments when it causes pain or oppression of the chest, sudden fright, ordinary colds, suppression of the menses, or other habitual discharges, entering heated rooms after rapidly walking in the cold air, etc., etc.

The symptoms which generally precede hæmorrhage are, a sense of oppression about the chest, desire for fresh air, sensation of heat under the breast bone, lassitude, coldness of the extremities, shivering, and sometimes constriction and paleness of the skin. But these symptoms do not always occur, or if so, they may be so slight as to escape the notice of the patient. Again, different symptoms may precede a flow of blood, as general feverishness, accompanied by a strong and frequent pulse, headache, and acute pain in the chest.

The blood discharged varies in quantity from a single mouthful to a tea-cupful, or more. It is usually frothy, and of a bright red color, though not necessarily so. Sometimes it is quite dark. It is generally thrown up by coughing slightly, and is occasionally attended with a little stragulation.

I cannot better illustrate the treatment of pulmonary hæmorrhage than by describing the management of a case which came under the care of Dr. Shew and myself a little more than one year ago, which was as follows :

A young lady, aged about 20, slender form, small, flat chest, and large, active brain. She was considerably debilitated by sedentary habits and too frequent flow of the menses. At the period of the hæmorrhage she had been suffering two or three days with influenza. The quantity of blood emitted was not copious, but the patient was considerably prostrated. She had ordered the application of cold water to her chest, and the bleeding had ceased before I saw her. The febrile symptoms and cough, which before were quite severe, entirely subsided, the pulse feeble, extremities cold, and the general surface cold and moist.

The treatment of this case was antiphlogistic, but quite different from the common mode. Cool fresh air was freely admitted into the apartment. Sipping of cold water encouraged, cold compresses applied to the chest, and often changed, extremities thoroughly rubbed with warm hands, and then wrapped in warm flannels. Within a few hours the circulation was equalized.

On the second day after the hæmorrhage there was a slight return of the cough and headache, and some menstrual discharge, though it was but two weeks since this had occurred. In addition to the former treatment, the patient was washed

with towels or sponges, without removing the bed-clothing, cooling compress applied to the head, and one also over the region of the uterus. The effect of these was satisfactory.

At the suggestion of Dr. Shew the patient sat up awhile, and was refreshed by the change. This practice is entirely contrary to the received opinion of nearly all medical men; but Dr. Shew has demonstrated in the treatment of numbers of cases that it is unattended by danger. Besides affording much more comfort to the patient, the change of position promotes the natural action of all the bodily functions, the strength improves faster; hence the danger of pulmonary disease is lessened.

This young lady gradually improved in health and strength, though she was not allowed to partake of food for two or three days, and then commenced very sparingly upon coarse bread and ripe apples.

Her exercise during the first two weeks was of a passive nature; mostly riding, although she walked some. As she became stronger and was able to take much exercise by walking in the open air, the treatment consisted of dripping sheets in the morning, one sitting bath of five minutes before dinner, and another toward evening, and wet bandage about the chest at night.

It is now over a year since this hæmorrhage occurred, and the young lady has been in good health, except on one or two occasions, when she over-fatigued herself, both physically and mentally; pain in the chest returned, and she seemed threatened with another hæmorrhage, but by proper care and recreation, matters were soon set right again.

"But what," asks the reader, "are we to do in very severe cases of hæmorrhage when there is no physician at hand?" In the first place, remember that pulmonary hæmorrhage very seldom results fatally; therefore do not be frightened to death. In most cases, before the life of the patient is endangered by loss of blood, the action of the heart nearly ceases, fainting ensues, and the blood stops flowing. This is a beautiful provision of nature, and many lives have been saved through the changes which occur during this partial suspension of the heart's action.

In answer to the above question I cannot do better than to quote a few paragraphs from Dr. Shew's excellent treatise on consumption, which, by the way, is the best popular work upon this formidable disease, and should be in the possession of every family.

"The parts of treatment," says Dr. Shew, "in severe hæmorrhage from the lungs, may be stated like the following:

"1. To make cold applications to the chest by means of cloths wet in cold water, or by pounded ice or snow in their season, so as effectually to cool the mass of the circulation.

"2. To practice wet friction over the general system.

"3. To take frequently small quantities of water internally, and even pieces of ice where this is desired.

"4. To cool the back of the head, the neck, and spine, generally; and,

"5. To keep the feet in warm water, and make other warm applications to them when necessary."

CHEMICAL ANALYSIS.

EXPERIENCE had long taught the Scotch that oats, such as they grow in their climate, are a most nutritious food; but the habits of the more influential English, and the ridicule of a prejudiced lexicographer, were beginning to make them ashamed of their national diet. Chemistry has here stepped in, and by her analysis of both, has proved not only that the oat is richer in muscle-forming matter than the grain of wheat, but that oatmeal is in all respects a better form of nourishment than the finest wheaten flour. But what is more, chemistry has brought us acquainted with the value of parts of the grain formerly considered almost as waste. The husk or bran of wheat, for example, though given at times to pigs, to millers' horses, and other cattle, was usually thought to possess but little nutritive virtue in itself. Analysis, however, has shown it to be actually richer in muscular matter than the white interior of the grain. Thus the cause of its answering so well as food for cattle is explained; and it is shown that its use in bread (whole-meal bread) must be no less nutritive than economical. The true value of other kinds of food is also established by these inquiries. Cabbage is a crop which, up to the present time, has not been a general favorite in this country, either in the stall or for the table, except during early spring and summer. In North Germany and Scandinavia, however, it appears to have been long esteemed, and various modes of storing it for winter use have been very generally practiced. But the cabbage is one of the plants which has been chemically examined, in consequence of the failure of the potato, with the view of introducing it into general use, and the result of the examination is both interesting and unexpected. When dried so as to bring it into a state in which it can be compared with our other kinds of food (wheat, oats, beans, &c.), it is found to be *richer in muscular matter than any other crop we grow*. Wheat contains only about 12 per cent., and beans 25 per cent.; but dried cabbage contains from 30 to 40 per cent. of the so-called protein compounds. According to our present views, therefore, it is pre-eminently nourishing. Hence, if it can but be made generally agreeable to the palate, and easy of digestion, it is likely to prove the best and easiest cultivated substitute for the potato; and no doubt the Irish kolcannon (cabbage and potatoes beat together) derives part of its reputation from the great muscle-sustaining power of the cabbage—a property in which the potato is most deficient. Further, it is of interest—of national importance, we may say—that an acre of ordinary land will, according to the above result, produce a greater weight of this special kind of nourishment in the form of cabbage than in the form of any other crop. Thus twenty tons of cab-

bage—and good land will produce, in good hands, forty tons of drum-head cabbage on an imperial acre—contain fifteen hundred pounds of muscular matter; while twenty-five bushels of beans contain only four hundred pounds; as many of wheat only two hundred, twelve tons of potatoes only five hundred and fifty, and even thirty tons of turnips only a thousand pounds. The preference which some farmers have long given to this crop, as food for their stock and their milk cows, is accounted for by these facts; while of course they powerfully recommend its more general cultivation as food for man. Again:—In many parts of our island furze or gorse grows up an unheeded weed, and luxuriates in favorable spots without being applied to any useful purpose. In other districts, however, it is already an object of valuable though easy culture, and large breadths of it are grown for the feeding of stock, and yield profitable returns. Chemical researches show its nutritive property to be very great. Of muscle-building materials it contains, when dry, as much as 80 per cent., and is therefore in this respect superior to beans, and inferior only to the cabbage. Under these circumstances, we can no longer doubt the conclusions at which some experimental feeders had previously arrived, nor the advantage which might be obtained from the more extensive cultivation of gorse on many poor and hitherto almost neglected soils.

ORTHOPATHY.

BY DR. WM. A. ALCOOT.

CASE I.—Ten years ago, C—— R——, of Dedham, Mass., was confined to her bed, and regularly attended by a physician. She had lain for years on the same bed; had long ago given up all hope of living long; and had even called in her minister and the neighbors many times, to see her expire.

The nature and character of her diseases—for they were many, and might almost have been called “Legion”—I will not now attempt to detail. Suffice it to say that there was so much actual destruction of parts of the system, as left no hope in the mind of any medical man who attended her, that should she survive a little time longer she could ever be well. Indeed, she was only maintaining a temporary respite from death, by means of morphine and other powerful medicines.

I had often visited her; but it was only to hold a little religious conversation with her, or to pray over her dying bed. For had I entertained hope of her recovery, in any possible circumstances in which she might be placed, I should not have attempted the almost hopeless task of lessening her confidence in medicine and physician. Her attendant was my personal friend, and in many respects a gentleman and a Christian.

However, she had heard of my books, and in her most comfortable moments had read some of them, especially my thoughts on Bathing, and on Pure Air. And before I knew that she had even read a word on the subject, she had begun to

demand daily ventilation, and sometimes sponging of the arms, chest, &c., with cold water.

At length her physician sickened and died. One day when I called to see her, and spoke of her bereavement, she made known her want of confidence in his treatment, and her increasing regard for my own views. She was poor, and so were her parents. I now ventured, in modesty, to become her physician, if she would comply with one condition, and only one; which was to follow, implicitly, my directions. Indigent as she was, and without confidence in anybody else, she gladly accepted my proposal.

My first object was to increase her faith in *law*—the physical law in particular—for with moral law she had long been acquainted. It was time enough, I thought, to take away the props on which she had so long leaned, when a substitute was provided, which was acceptable to her and her friends.

But it was not necessary to wait long. Besides, the costiveness and other terrible consequences of her medicine could not much longer be neglected, and by a preparatory conversation I found a greater readiness to go forward than I had expected. There were difficulties, and it required time, but she was at length emancipated.

After some time she began to sit up, and to take with some degree of regularity small portions of food. The functions of the body began to perform again their office; and she began even to talk of being placed in a carriage and moved in the open air.

The first exercises of the kind, such was her bodily condition, were purely passive. She could hardly have borne her weight, nor would the effort have been safe. But she could sit or recline in a chair or a carriage; though not long at a time. And as the season was not very favorable, it was a long time ere much was accomplished.

However, nature, now untrammelled, was doing her best, and was working wonders. She was almost constantly under those laws on which Orthopathy is wont to rely, and on which almost all systems are chiefly dependent. Her skin, her cerebral system, her stomach, her muscles—with their numerous relations and dependencies—were all renewed. She was also allowed the grateful stimulus of moderate hope.

In the course of a few years she was able to ride abroad, and even stand and walk. During this time I was under the necessity of leaving her to reside in another State. While I was absent, and she was abroad among her friends, gaining and yet not quite well, a medical friend persuaded her that she would never be *quite well* till she took at least *one course* of his medicine. She submitted, but she lost ground by it. Discovering her mistake, however, she returned to nature's path, and was again on “the king's high road.”

Three or four years ago, on my return to Massachusetts, I went to Dedham and inquired for Miss R——. Judge of my surprise when I found her employed in one of the families there at house-work. She was not as able-bodied as

some persons of the same age, yet was she able to perform a great deal of valuable labor.

Subsequently to this, she became the head of a household. I have not heard from her for about two years. She is, no doubt, still living; but it is not to be supposed she can ever enjoy the most perfect health. As things are, her restoration to society falls little short of miraculous. It shows, at the least, what nature, as a dernier resort, can accomplish, especially when relieved from the burden of combating and removing medicine.

CASE II.—P — A —, a girl seven or eight years of age, was severely affected with fever, with a strong tendency to the throat, brain, and lungs. It was evening, and as usual in the winter, the case appeared somewhat threatening at that hour of the day.

An eminent hydropathic practitioner happening to come in, said, "If that child were mine I should place her in a tub of water, at a temperature of about 70°." "It would doubtless be useful," I replied, "were it not quite so late in the evening. But as things are, I think rest and sleep, and moderate draughts of cold water at lying down, much more strongly indicated."

She was accordingly put to bed; but not in a room where the temperature was too high, or the air bad; nor yet in woolen sheets, or on feathers. She was also watched carefully and the head kept cool, and whenever she awakened some water was administered.

The next morning she was evidently better, though still feverish. It required a good deal of attention to prevent her from throwing improper substances into her stomach during the day, and to keep up the constant or almost constant influence of moderate draughts of water. Our great object was to keep her constantly *under law*—so far as that law could be applied to her present circumstances; and to keep away all hinderances and obstructions to the restorative operations of nature. Our plan succeeded most perfectly. In a few days she was as well as ever—indeed, it seemed to all around as if her system was somewhat renovated.

Now I do not mean to say, or even to intimate, that the tepid bath would not have worked admirably, and somewhat facilitated recovery; and yet I think that, after all, the other was the more excellent way. The most rapid recoveries are not always the best; but usually the worst. "Make haste slowly," is nature's motto in most cases; whether the orthopathic theory, that disease is a repairing process, is or is not true.

CASE III.—O — A —, sixty years of age; gouty, dyspeptic, and dropsical; of irregular and somewhat intemperate habits; had the misfortune to bruise his leg a little above the ankle. The usual greasy applications were, to some extent, tried, but at length given up, from a common sense belief that they did no good.

The patient could not use much exercise, and the limb soon swelled, and became somewhat inflamed and painful. The swelling extended to the other limb, and approached the body. The

ulcer became of bad character, and danger seemed to threaten on every hand.

At this juncture, I happened to be in the neighborhood, and was consulted. I told him frankly of the danger, but at the same time held out the hope of recovery, if there could be a return to truth and nature. This, however, it was almost vain to hope. The intemperance before alluded to was an excessive use of fermented or old cider.

A plan of action was proposed, and reduced to writing. It was essentially as follows: Discontinue the use of all drinks but water; give up all medicine, external and internal, but tobacco;* take good care of the skin; walk forty rods the first day, forty-five the next, and so on; increasing five rods a day for the rest of the summer and autumn. Hope was excited and urged.

The cider was abandoned, and water substituted. Hope was elicited and cheerfulness encouraged. Temperance in eating was pretty well regarded, and, I believe, that less even of tobacco was used. In truth, nearly all the moral and physical laws were duly observed.

The change was begun July 13. For one month or more, all that could be said with truth was, that the leg was no worse. But toward the end of August, and particularly in September, the leg began to mend. In short, the man recovered, and lived about eleven years.

One question will now be asked with reference to all these cases. Had medicine been given or applied according to the former systems, and had the patients recovered in about the same time they now did, would not great credit have been given both to medicine and physician? Especially had I been called as a *counseling* medical man, and had I proposed some change, just at the time when I took away or refused all medicine, would not the recovery have been attributed, in no small degree, to my skill and experience?

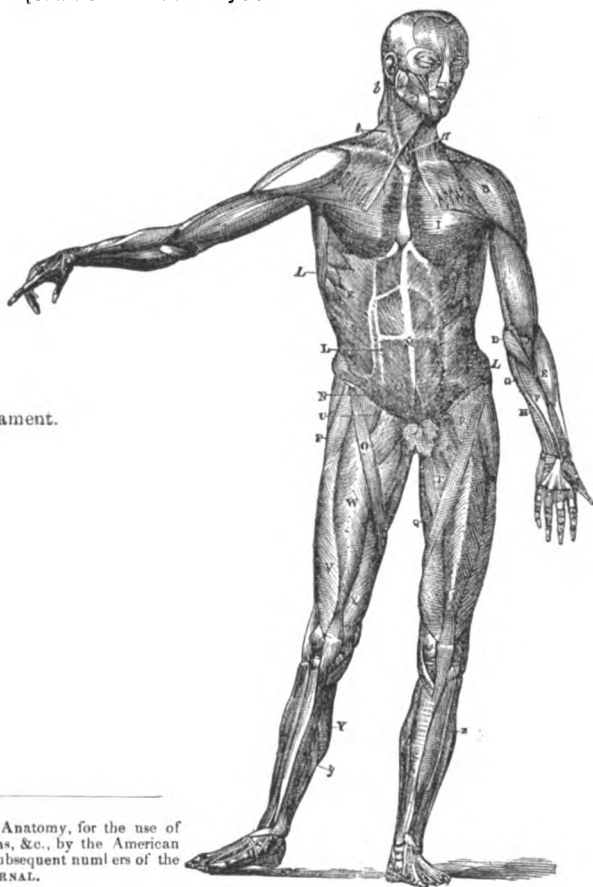
Your readers, Mr. Editor, will understand me. Mankind are tough, and will often recover, even under very bad treatment. In general, when they are medicated, they have enough left of constitution to recover in spite of the medicine; but *some* would die medicine or *no* medicine, as their day of grace was fully spent. I mean that their cup of physical transgression was full. When they die, they either die because they were so far gone in transgression, or so far deranged by length of transgression, that there was no return; or else they are killed by the conjoined powers of the disease and the medicine. Some few, however, have but little ail them, till a blundering physician makes up a disease by his blunders, and finally makes room for the sexton. Ignorance, however, usually gives the physician credit, when we are tough enough to withstand his attacks; and even congratulates him that he fought so manfully, even when he destroys.

* The man was a tobacco chewer, and I did not deem it best at the age of 60 to take away that form of solace and stimulus.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the February No.]

- A, Platysma myoides.
 a, Sterno hyoideus.
 b, Mastoideus.
 B, Deltoideus.
 C, Biceps brachii.
 D, Pronator radii teres.
 E, Supinator radii longus.
 F, Flexor carpi radialis.
 G, Palmaris longus.
 H, Flexor carpi ulnaris.
 I, Pectoralis major.
 K, Obliquus descendens.
 L L, Rectus.
 L, Linea semilunaris.
 M, Linea alba.
 N, Poupart's, or Fallopius's Ligament.
 O O, Sartorius.
 P, Tensor vaginæ femoris.
 Q, Gracilis.
 R, Iliacus internus.
 S, Pectinalis.
 T, Triceps abductor femoris.
 U, Psoas magnus.
 V, Vastus externus.
 W, Rectus femoris.
 X, Vastus internus.
 Y, Gastrocnemius.
 y, Soleus.
 Z, Tibialis anticus.



* From the London Hand Book of Anatomy, for the use of Students of the Fine Arts. With additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

PLATE VI.—MUSCLES OF THE FRONT FIGURE.

A. PLATYSMA MYOIDES.—Arises from the cellular covering of the upper part of the deltoid and pectoral muscles; and runs obliquely upward, along the side of the neck; inserted into the lower jaw between its angle and the origin of the depressor anguli oris. *Use.*—To assist the depressor anguli oris; and also draws up, when the mouth is shut, the skin to which it is connected, below the lower jaw.

B. DELTOIDES.—Arises from the outer part of the clavicle, from the spine and acromion of the scapula. It is composed of several lobes or parcels of flesh, which all join in one tendon; and are inserted into the outside of the humerus, four fingers' breadth below its head. *Use.*—To raise the arm, and assist it in every motion except that of depressing it.

C. BICEPS.—Arises by two heads, one of which proceeds from the upper edge of the scapula; they both unite about the middle of the arm, and make one belly, which is inserted, by a strong, round tendon into the tuberosity at the upper end of the radius. *Use.*—To bend the fore-arm.

I. PECTORALIS.—Arises from part of the clavicle, from the sternum, and from the six upper ribs; and is inserted, by a strong tendon, into the humerus, four fingers' breadth below its head. *Use.*—Moves the arm forward and upward toward the sternum.

K. OBLIQUUS DESCENDENS.—Arises from the two last true, and the five false ribs, by five or six digitations, the four uppermost of which lie between the teeth of the serratus major anticus; it descends obliquely, by a broad and very thin tendon, and, passing over the rectus, is inserted all along the linea alba, to the upper and fore part of the spine of the ilium, and to the fore part of the os pubis. *Use.*—Assists in expiration, and occasionally, in discharging the contents of the stomach and belly.

L. RECTUS.—Arises from the sternum, and the two last true ribs, and is inserted into the os pubis.

Use.—Raises the body when we lie on the back, and sustains it when bent backward. It has three or four nervous or tendinous intersections or bands, which divide it and make it appear like several muscles; the third of these bands is not, in every body, exactly in the same place, it being sometimes even with the navel, and sometimes higher; sometimes there is one of these bands below the navel.

O. SARTORIUS.—Arises from the upper and fore part of the spine of the ilium, and descending obliquely over the thigh, is inserted into the inner and upper part of the tibia. *Use.*—Crosses the legs, in the manner tailors are used to sit, and hence it has its name.

P. TENSOR VAGINÆ FEMORIS.—This, covered by it, stretches the membranous, or fascialis, which arises from the upper and fore part of the spine of the ilium; its fleshy part terminates at the great trochanter, where its membranous part begins; and spreading itself over the muscles of the thigh, passes to its insertion on the upper part of the tibia. *Use.*—Draws the legs and thigh outward.

Q. GRACILIS.—Arises from the os pubis, near its articulation; and is inserted into the upper and inner part of the tibia. *Use.*—Helps to bend the leg, and assists in bringing it and the thigh inward.

T. TRICIPES.—Is named from having three heads; the first and second arise from near the articulation of the os pubis, and the third from the tubercle of the ischium; they are inserted all along the spine of the femur. *Use.*—Pulls the thigh inward.

V. VASTUS EXTERNUS.—Arises from the great trochanter and external part of the femur, and is inserted with the following muscles. *Use.*—Extends the leg.

W. RECTUS FEMORIS.—Arises from the lower part of the spine of the ilium; this and the two muscles V and X, just above the knee, make one strong tendon, which passes over the patella, to which it adheres, and is inserted into the upper part of the tibia. *Use.*—Extends the leg.

X. VASTUS INTERNUS.—Arises from the lesser trochanter and internal part of the femur, and is inserted with the rectus femoris. *Use.*—Extends the leg.

When a figure stands upright, and rests on one leg, there appear above the knee certain swellings, which are made by the tendon of the three last muscles and the skin, and which disappear when the knee is bent.

Y. GASTROCNEMIUS.—Has two distinct fleshy origins from the hindermost part of the two protuberances of the thigh-bone; in their descent they are dilated into two fleshy bellies, the innermost of which is thickest and largest, and, joining together, make a broad, strong tendon, which unites with the tendon of the soleus, and is inserted with it. *Use.*—Extends the foot.

CLOTHING IN CONSUMPTION AND OTHER DISEASES *

BY JOEL SHEW, M. D.

(Continued from the January No.)

I ADMIT Doctor Combe's first position, namely, that flannel serves as a protection against cold; but his second position, that, by its stimulation of the cutaneous vessels and nerves of the body, it effects good, I cannot consent to. My reason is this: Anything which acts so continuously upon the system as flannel worn constantly—even though by day only—must soon lose its effect. If we were to wear the flannel an hour or two at a time, once or twice during the day, this excitation of the surface might, I am willing to admit, accomplish good, especially with those who are not in the habit of bathing and keeping themselves clean; but to apply this process continually it must necessarily lose its effects.

There is also another way in which flannel may injure, and which should not be forgotten. If a person goes into the open air when it is cold, he needs a certain amount of clothing; when he passes into a warm room to remain, all will agree, I think, that he needs less flannel. We are to believe, then, that flannel, although good when we go out, must be not only unnecessary, but positively injurious, by its causing too great warmth, when we are within doors.

There is yet another important practical fact connected with a change of temperature which should be particularly remembered by those who have any form of ulceration in the lungs. It is

this—too great exposure to cold, or too much cooling of the system by any means, tends certainly to hasten the process of ulceration. Anything, then, whether in changes of clothing, bathing, or climate, or any change which robs the system of too great an amount of heat, is positively detrimental in the latter stages of pulmonary consumption, as also in any disease whatever where extensive ulceration exists.

The objections to which flannel is liable, stated briefly, are as follows:

1. It is too great an irritant to the skin, more especially if the article be not very fine.
2. It aggravates cutaneous eruptions, and when these are already present it prevents their cure.
3. It causes too great heat of the immediate surface of the skin, thereby weakening it and rendering it more sensitive to the impression of wet and cold.
4. It promotes an undue degree of perspiration, thereby debilitating the skin, and through it the whole system.

The advantages of flannel are:

1. That it affords a protection against cold.
2. That, possibly, in a very hot day, or in any case where a person perspires much, it may be a more agreeable article to the feelings, as when moist or wet, it admits more air to the surface than linen or cotton would do.

* From Consumption: its Prevention and Cure by the Water Treatment, By Joel Shew, M. D. Published by Fowlers & Wells.

WATER-CURE FOR WOMEN.

BY FRANK STEWART, M. D.

THE annexed case is sent for the Journal—thinking it may prove of interest to some of the lady readers, or some tyro in Hydropathy:—

Mrs. A., æt. 24, of a nervous, sanguine temperament, placed herself under my charge as professional adviser, expecting to be confined during the fore part of January. She was, prior to her marriage some three and a half years since, continually ailing, owing to having taken repeated doses of calomel whenever she contracted a slight cold, which was by no means seldom, and the remedy produced an entire derangement of the nervous system, and made her liable to attacks of cold, besides causing frequent attacks of hysteria, resembling epilepsy, which baffled the skill of her physician—a gentleman by no means ignorant, and a practitioner of the old school. Her system was likely to be entirely broken down by the combined ailments and the remedies employed.

Being advised by a friend to forever forsake mineral poisons and use simples, her system gradually recovered, and she began to improve in health.

Some sixteen months after marriage she gave birth to a child. Being attended by an eclectic practitioner, and who used only the most simple medicines, she thus was enabled to be about soon; but hardly had she begun to use her limbs before violent attacks of cramp occurred, which laid her up in bed again, and which nothing appeared to relieve but mustard sinapisms. Just at this juncture a friend at her elbow suggested a few wet packings. After some hesitation she assented, and they were administered with washings of water at about 85°; this appeared to revive her entirely, and some two days afterward she expressed the wish to go out and take a walk, which was permitted. On returning home she found she had walked some twenty-four squares, which here measure over two miles and a quarter, and yet she was not fatigued. This convinced her of the good effects of water treatment. * * * *

Well, another year and a half rolled round and she was again about to become a mother, but during this lapse of time, she had not followed either the principles or the practice of hydropathy, and as the time drew near she dreaded to go through under the water treatment, and when the time arrived she "*dodged*," taking some warm herb teas, and resting then to let nature perform her functions. Some three hours after the pains first appeared she was cleared, and was advised to take a nap.

That day she was bathed all over in water at 65° or 70°, and a wet bandage applied to the abdomen, well protected from the air, so as to produce a calming, sudorific effect, and cold water only was given her to drink until near night, (some ten hours since the birth of the child)

when asking urgently for food, some water crackers and rusk were eaten. This plan was adopted, as she was not before to be considered as a *water patient*, and we were about to begin, at a critical period, treatment directly opposite to that allowed in usual allopathic practice, and customary among the old folks.

The after pains, early in the morning, were for some half an hour very severe. The application of the wet bandage, however, appeared to quell them until afternoon, when she had a *chill* for some five minutes or more—a *very severe one*, although the room was heated to the temperature of 67°. The bandage was at once removed; next a jug containing hot water was placed to the feet, which, with the application of flannel heated and placed on the abdomen, produced a soothing effect, and in the course of half an hour she felt as well as usual, with the exception of a headache—consequent, of course, on the *chill*. A wet bandage was then applied to the head. The remainder of the day she was free from pain almost entirely, and felt exceedingly hungry, continually asking for food. Some crackers and toasted rusk were, as I before said, then given her, which were grateful to her. She rested well through the night. Next day the washings were repeated, and a smaller wet bandage ordered in place of the former one, which was too large. This was to be well wrung out in cold water, and well protected from the air by suitable coverings.

This treatment was continued—she taking only chilled washings without getting out of bed until the third day—when a partial wet packing was directed, enveloping the trunk, arms, &c., and the lower limbs wrapped in blankets. She was permitted to be thus for one hour, or until a sense of heat and desire to be washed was created, when she was again washed in water now at about 50°, and permitted, as she desired it, to get up and be dressed. From this time she improved daily, was down stairs eight days after the birth of her child, and gradually resumed her usual duties.

I have related this case not as a fair specimen, if you may so term it, of what may be accomplished by water treatment, (for this patient only adopted Hydropathy for the time being) but to show to some of the lady readers of the Journal the good effect of water treatment, even when applied to a *delicate female*, and at a critical period of her life. This lady was but partially a hydropathist; besides, she had been used in former years to the most severe forms of drug treatment, and she was a good specimen of one of those ladies we so often meet, who are what is termed delicate; and this is the reason I go so much into detail. I know full well that my hydropathic friend, Dr. Weder of this city, has attended many cases where, in *three, four and five days* the ladies were enabled to go about and use exercise freely, and not only with no bad effects, but with the *greatest possible benefit accruing therefrom*. But these cases were

prepared by partial and general baths, water-drinking, &c., for the crisis.

How different from the treatment usually followed! and as directed by what is usually termed the "highest authorities" (!)—where females are commanded to remain quiet in bed, until at least the ninth or tenth day, and not venture to smell the fresh air or exercise, until the "month" has passed. The intervening time dosing with castor oil, or calomel, and resorting to *frequent large bleedings* for any pain or pressure across the lower part of the abdomen or frequency of the pulse, fearing the so often attendant puerperal fever, and the horrible and dreaded convulsions so often the precursor of that malady.

Here in this case, where so little was done, using no local baths, simply washing the patient whilst reclining on the bed, administering *one* and sometimes *two* clysters of pure water daily, and drinking, or imbibing if you please, as much cold water as was grateful to her, and did not oppress, was all that was done—a jug of hot water around which was wrapped a damp cloth, was placed at times to the feet—this embraced all the treatment, and was sufficient for her at least—her spirits were good, no bad forebodings—her appetite became first-rate; she herself was surprised at the flow of milk consequent on the renovation of her system by the drinking of water and the "*packings*."

One kind friend visited her some six or seven days after her confinement, and in course of conversation remarked, (for it appeared to force itself out) "Why, Mrs. A—, I am surprised to see you so well—how is it? You ought to be sick—indeed you ought." Now this lady was the mother of five children, and had been used to being confined to her room always during the month at least—and she could not imagine how it could be possible her young friend, so delicate usually, could thus feel so well—and this puzzles a good many well-meaning ladies, and will for some time yet to come, until at least Hydropathic practitioners are more generally applied to.

Now why will not ladies reflect—I mean those that are mothers, or about to become such? Many persons believe that to wash a patient of this kind in *cold water—when*—what, pure cold water! (!)—awful! why it would kill them sure! they know it—are quite sure of it—their physician says so—and *he* is a capable judge—yet if they would only ask questions of their *female* friends who are Hydropathists, and who are as capable of telling the truth perhaps as their professional adviser, they would learn quite a different story and save themselves more than half the pains—nearly all the perils, and certainly have a "getting up" sooner, and feel better, be happier—more hearty—have more healthy children, and make their household more happy by the change.

Is it not worth the trial? Surely it is worth something to escape the *needless* pains of labor—I mean those pains that frequently come on and go again, commonly denominated false pains—

surely it is bad enough to have to bear some pain—that which none can escape during the dilatation of the uterus—without needless prolongation of suffering, and perhaps an instrumental delivery, to say nothing of the puerperal fever caused by the malpractice of giving opium and calomel, and then the improper use of water to stop the flooding which *rude hands* so often cause.

Now it would be advisable for all mothers not only to be water-cure followers during parturition and after, but for months previous—then the system being under its influence they cannot have drawbacks, and will be repaid more than enough for all the inconvenience they may have been subject to, by the absence of suffering and greatly renewed strength which always follows.

VEGETABLE DIET.

BY S. M. HOBBS.

CAN a person live on a *vegetable diet*? is often asked in a most incredulous tone and manner. We reply at once, that not only can people *live* on such a system, but enjoy the very highest and happiest state of health. This ultra position, we are perfectly aware, is in direct opposition to the popular belief, and also, most strange is the fact, to the teachings of the medical profession, which we should naturally suppose, in view of the light of science, observation, and experience of the present day, would be the pioneers of a doctrine of a correct life. Such is unfortunately not the case. A great majority still most tenaciously cling to the greasy and swillish flesh-pots of Egypt, and stick out to the last for the old habits of life, which any man with brains above a porkster can see is everywhere making society a practical hospital.

Can people live on a vegetable diet? We repeat they can, and find a degree of health never experienced under the grossness of an animal regimen. Men would see this if they would open their eyes. Facts illustrating it are in existence in every portion of the world, and are repeated every day.

Who does not know that more than half the inhabitants of this globe seldom taste of animal food from the cradle to the grave? Yet that such is a fact no person of intelligence dare risk his reputation in denying. And the nations who thus live are notoriously and proverbially healthy and long-lived. They occupy, too, every variety of climate and almost every geographical position on the earth. None can escape these facts.

Go back into the history of nations, and what is the condition of things? We shall find our position fortified by an amount of evidence entirely overwhelming: that people, wherever their locality, and in whatever point of time they have lived, have been famous for *superiority in every respect*, whose diet has been simply and only a vegetable one. This holds with the philosopher, poet, statesman, in fact through every grade of the given people.

In our own age and time, what nations are the

heartiest, strongest, and longest lived! Go to the barren heights of Russia and see what a physically enduring race of men and women are there! See the almost incredible number over a century old, and in the enjoyment of a vigor, comeliness, and general integrity of powers, which is never the boast of our people after forty! And this almost entirely from coarse bread and water—never any meat. Ye gourmands of the greasy flesh-pots, can ye equal these! Never.

Look at the Hungarians, a nation the prowess of which is at this moment the song of the world. See their hardihood, their prodigies of valor, their marches, their heroic sufferings. Where is the people can surpass their recent bodily fatigues! And yet ninety-nine in every hundred of the Hungarian army seldom eat an ounce of meat. Courage, patriotism, fortitude, strength like theirs, binds its soul in a pint per day of oat-meal and water.

How with the Irish! Where under the blue and spangled firmament shall we find a more robust and physically vigorous race! And who does not know that the great body of the nation live mainly on a scanty diet of potatoes!

It is the same with the Polish and Peruvian peasantry. More hardy races, or people who can endure more extended fatigue, who are more active, cheerful, kind, cannot be found. Do they eat meat! roast beef, pork—swim in soups and bathe in grease! PARCHED CORN is almost their entire food. Poor benighted ones! they know no better uses for the beasts of their glorious mountain-sides than honest service till death.

But we might go the circle of the nations, and with similar facts to meet us. Wherever the fair and ruddy banner of health is unfurled, there, and *there only*, we see this same simple, satisfactory, Scriptural, common sense style of life. And we do not see it where other systems prevail. England, France, America, and parts of some other nations, are the principal homes and nurseries of disease and death.

In our own country, wherever vegetable diet has been adopted, it has been with the most gratifying results. We need look for no other issue when the experiment has a fair and timely trial. The belief in its superior advantages is happily gaining ground and converts every day. No one influence is so potent to this result as the doctrines of WATER-CURE. From Priesnitz and Graefenberg to the confines of civilization, it teaches—commands—a coarse, simple, healthy, natural, philosophical diet.

It seems to us that nothing can sooner induce a defection from the flesh-eating ranks, than the demonstrated fact, that most of the meat sold throughout our markets and from our carts is *actually diseased*. This every person may know with but little exertion. The very idea is perfectly abhorrent and sickening, that people will persist in devouring from day to day that which cannot be other than full of corruption and death. And yet it is so. Why, it is a street-day fact that there are thousands round all our cities and large towns, whose sole business it is to buy up

old hulks and living carcasses of animals which have been worked and worked to within an inch of death, and then fat them by a most cruel system of stall-feeding, till the animals themselves are ready to take their last foul breath, when natural death is saved by the hurried axe and knife. And this is, to no little extent, the kind of flesh that runs its putrifying blood through our markets, and over which the bloated face of the gourmand chuckles with such sensual delight.

Not only the physical but the intellectual system would thrive with far more purpose and energy under a vegetable diet. Whatever ensures elasticity, energy, vigor to the body, has a faithful reflex on the mind. This position is practically acknowledged by all men of much mind, for when anything of an intellectual task is to be performed, the assistance of a coarse, spare vegetable diet is put under arbitrary contribution. Witness Newton, Shakspeare, Bacon, and fifty others we could name.

STATE ECLECTIC MEDICAL CONVENTION.*

THE age in which we live is pregnant with signs of momentous interest to the philosopher, philanthropist, and Christian. The world is in intense commotion; throes of some mighty change are heaving society to its very centre; as if an earthquake with its deep murmurs were about to announce the rupture and ruin of continents. The impulse given to the human mind at present far exceeds anything in former times. No one can with certainty predict the result of such mental activity as is now manifested on every hand. Reformation is in embryo in the *medical* as well as in the *political and religious* world.

Many of the old school of medicine, men of refinement and intelligence, are disgusted with the present state of practice, and hold their art in contempt. If the science of medicine, when rendered practical, was of value to the human family, or if it accomplished in a good degree its pretended objects, such would not be the result. It must, then, in a high degree, be defective in its application to the relief of human suffering. Many men of eminence give but little medicine, relying mainly upon the recuperative powers of nature. Others continue to dose, thus practically saying that nature has but little power to relieve herself without the aid of poison. The less number of routine doers we have, the better for the public health.

But we are not to set down practitioners of the old school as vile impostors, as conspirators against the public health. We are not to say that they design to fill their pockets at the expense of the health and best interests of the public. The medical profession is as high-minded and as truth-loving as any other of the learned professions. No class of men on the globe have spent more time or money, or made greater sac-

* Sketch of an Address delivered at Syracuse, January 4th, 1850, by S. O. Gleason, M. D.

rices, or welcomed greater toil, or sterner trials for the benefit of science and humanity, than the medical profession. We owe much that is valuable, useful, and practical to the efforts of the profession. As a class of men, they have as much learning, ornamental, philosophical, and practical, as any other class in the world. The light of heaven shines not on a better class of men.

But how are we to account for the numerous drug diseases induced by the administration of medicine? Diseases which are admitted to be caused by drugs and recorded as such in medical works? What account shall be given of the daily mischief done by drugs? What shall be said of all the misery created, and of all the untimely deaths induced? The victims of medicine are acknowledged to be numerous. How are we to reconcile such a state of things with honorable and just intentions? Here we have a large class of men, distinguished for learning and extensive experience, confessing that their art entails more suffering than it relieves; that it kills more than it cures.

How are we to account for this anomaly in human conduct? The world at large has not thought for itself: has hired its thinking done in all departments, to a great degree. The intellectually strong have been the leaders in thought. The world has blindly submitted in the practice of medicine to its servants and professors. I know of no way to explain the seeming want of honesty in the profession, but to say that custom and medical opinion has chained them to a given course of treatment.

But the public mind becoming enlightened upon this as well as other subjects, the profession have been compelled to make some reform, or at least to *appear* to do so in order to secure practice. There is not now that uniformity of action that used to prevail. Some are coming out and boldly advocating medical reform. The general voice of the public demands reform in the treatment of disease. It must and will be had. The demand is absolutely irresistible.

The old *colossal status* of medicine is to be broken in pieces by the hammer of public opinion. A new and better system is to be built from the material of which it is composed. The wants of the age demand it, and it will surely take place.

New thoughts, like the light of distant stars, are bursting upon the world. *Earnest and true* men are demanded in this enterprise of benevolence and humanity. The *why*, the *wherefore*, and the *whereunto* of all our acts, will be demanded. We are in all things called upon to give a reason for our actions. Mind is gaining an ascendancy over matter. Privileged classes are not known in the medical world at present. Symbols of medical knowledge are of but little importance. The spirit and the practical take the place of the semblance and the letter. We earnestly hope that the reform here intended is to be in harmony with the demand of the times. Prejudice will doubtless raise its Hydra head;

protrude its forked tongue, and hiss out its cant phrase, "INNOVATION."

But we are not to be frightened by such weapons from our enterprise. We will earnestly seek for, and carry out better modes of practice in the healing art. Our skill will be sought. We shall be called to the test. The great laboratory of public opinion we must pass through. Medical aid and skill will always be sought, but the *weapons* are to change with which disease is to be combated. Weapons that are less hurtful to the constitution, and more efficacious in subduing disease, are to enter the field.

Notwithstanding the public are earnestly looking for a better way, there seems to be more or less unwillingness to abandon old and beaten paths. There will be clinging to time-honored prejudices; private interests will in many cases interfere with true inquiry. But there never was a better, a more auspicious time, than the present, for pushing the car of medical reform, since conviction is forcing itself upon the public mind in all directions, that there is much of serious fault in the old school of medicine.

A host of our population will use no calomel. They look upon it with horror; as an enemy to life, health, and happiness. Many will much sooner resort to those who are not well medically educated, rather than employ a physician who will administer this pernicious drug. But to command respect and secure confidence, we must be well and thoroughly educated in all the departments of medical science.

So many wrecks of constitutions are to be daily met on every hand, that the public have become justly alarmed, and fearful as to the results of medication. To see so many walking hospitals of woe, embodied in the shape of human beings, is truly a sad and pitiful sight; philanthropy may justly mourn, and humanity weep over such medical misery.

The present age may justly demand a burial of a practice that induces the most wo-begone misery that ever infested our earth. It is like a plague spot, the sooner buried the better. The reign of everlasting night must cover it. Its funeral dirge must be sung. The dark pall of oblivion must cover it.

Truth alone is to abide the hand of time. The "silicious casket" containing the imprisoned animalculæ has outlived the decaying hand of time thus far, but it must crumble to dust when the right influences are brought to bear upon it. The leaf and the twig have left their impress upon the solid rock, recording the changes of the past, but there are elements in existence that may deface the last trace of such valuable records that mark the history of the world. Truth will abide, eternity alone is capable of giving it an existence. Let us not, then, like blazing meteors, go burning down to ruin. Let us not shoot madly through the sky like the rocket to burst at our fall. Let us rather "prove all things, and hold fast to that which is good."

THE PHYSIOLOGY OF DIGESTION.

The following table is copied from that excellent work of Dr. ANDREW COMBE, bearing the above title, recently published by FOWLERS & WELLS, New York:

TABLE SHOWING THE MEAN TIME OF DIGESTION OF THE DIFFERENT ARTICLES OF DIET.

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H. M.
Rice	Boiled	1
Sago	"	1 45
Tapioca	"	2
Barley	"	2
Milk	"	2
"	Raw	2 15
Gelatine	Boiled	2 30
Pigs' feet, soused	"	1
Tripe, soused	"	1
Brains	"	1 45
Venison steak	Boiled	1 35
Spinal marrow	Boiled	2 40
Turkey, domestic	Roasted	2 30
" "	Boiled	2 25
" wild	Roasted	2 18
Goose	"	2 30
Pig, sucking	"	2 30
Liver, beef's, fresh	Boiled	2
Lamb, fresh	"	2 30
Chicken, full-grown	Fricassee	2 45
Eggs, fresh	Hard boiled	3 30
"	Soft	3
" "	Fried	3 30
" "	Roasted	2 15
" "	Raw	2
" whipped	"	1 30
Custard	Baked	2 45
Codfish, cured, dry	Boiled	2
Trout, Salmon, fresh	"	1 30
" "	"	1 30
Base, striped, fresh	Boiled	3
Flounder, "	Fried	3 30
Catfish, "	"	3 30
Salmon, salted	Boiled	4 00
Oysters, fresh	Raw	2 55
" "	Roasted	3 15
" "	Stewed	3 30
Beef, fresh, lean, rare	Roasted	3
" dry	"	3 30
" steak	Boiled	3
" with salt only	Boiled	2 45
" with mustard, &c.	"	3 30
" fresh, lean	Fried	4
" old, hard, salted	Boiled	4 15
Pork-steak	Boiled	3 15
Pork, fat and lean	Roasted	5 15
" recently salted	Boiled	4 30
" "	Fried	4 15
" "	Boiled	3 15
" "	Raw	3
" "	Stewed	3
Mutton, fresh	Roasted	3 15
" "	Boiled	3
" "	Boiled	3

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H. M.
Veal, fresh	Broiled	4
" "	Fried	4 30
Fowls, domestic	Boiled	4
" "	Roasted	4
Ducks, "	"	4
" wild	"	4 30
Suet, beef, fresh	Boiled	5 30
Suet, mutton	"	4 30
Butter	Melted	3 30
Cheese, old, strong	Raw	3 30
Soup, beef, vegetables, and bread	Boiled	4
" marrow-bones	"	4 15
" beans	"	3
" barley	"	1 30
" mutton	"	3 30
Green corn and beans	"	3 45
Chicken soup	"	3
Oyster soup	"	3 30
Hash, meat and vegetables	Warmed	2 30
Sausage, fresh	Boiled	3 20
Heart, animal	Fried	4
Tendon	Boiled	5 30
Cartilage	"	4 15
Aponeurosis	"	3
Beans, pod	"	2 30
Bread, wheaten, fresh	Baked	3 30
" corn	"	3 15
Cake, "	"	3
" sponge	"	2 30
Dumpling, apple	Boiled	3
Apples, sour and hard	Raw	2 50
" " mellow	"	2
" sweet	"	1 30
Paranips	Boiled	2 30
Carrot, orange	"	3 15
Beet	"	3 45
Turnips, flat	"	3 30
Potatoes, Irish	"	3 30
" "	Roasted	2 30
" "	Baked	2 30
Cabbage, head	Raw	2 30
" with vinegar	"	2
" "	Boiled	4 30

This table is very interesting, but the results must not be too much relied upon, or regarded as representing the *uniform* rate of digestibility.

CITY MORTALITY. — The cholera added some 7000 or 8000 deaths to the city bills of mortality in 1849. It appears by the inspector's books, that the total mortality in this city last year was 22,372, and in 1848, 14,618—the increase being 7,754, or nearly one-half, which is ascribable to cholera and kindred maladies. Of the 22,372 interments in 1849, 18,300 were native born citizens, 5,973 Irish, and 1,532 German; 11,736 of the dead were males, and 10,636 females. Adults 11,502, children 10,870. Entire number of deaths by cholera asphyxia, 5,072.

NEW-YORK, MARCH, 1850.

MARCH MATTERS.

BY R. T. TRALL, M.D.

THE WEATHER.—The winter just passed has been one of the mildest on record. That of '48-9 was the coldest within the memory of that ever memorable individual, "the oldest inhabitant," dating back not more than twenty years. In a sanitary point of view, these extremes may be said to have met, each winter having been, so far as New York and its suburban cities and villages are concerned, distinguished for a comparatively low record of mortality. The inference we would deduce has been many times adverted to in this Journal; that climate, change of weather, extremes of cold and heat, have really far less influence on the physiological condition of our bodies than have our own voluntary habits. East, West, North, and South, wherever vegetation grows in sufficient quantities for the nourishment of human beings, life and health, and old age, without the infirmity of disease, are compatible with the order of nature. If diseases are prevalent in any locality at any particular season of the year, before we arraign Providence, denounce the place, try experiments on the electrical states of the atmosphere, or call malignant spirits from the vasty deep of imagination, let us look closely about home, examine those things more carefully which are tangible to our common senses, ascertain the relation between our maladies and our mal-conduct, and see precisely the conditions of health everywhere and at all times existing, for ever immutable. One of two things, reader, you must do, "as society is now constituted:" learn and obey the natural laws of your being, and keep well; or ever and anon get sick, send for the doctor, go through the cold water purification, or be triturated with infinitesimal pellets, or swallow down promiscuous apothecary stuff with most *uncertain* results. Choose ye which ye will do.

CURES FOR COLDS.—The early spring season is a sort of harvest-time for the dabblers in the illegitimate quack specifics for coughs and colds. Probably the largest book ever printed could not contain half the infallible cures which have been circulated in the public papers; yet, whether people will believe or marvel, there is more curative efficacy in simple water than in all of them multiplied by ten thousand times ten thousand.

The following remarks by a contemporary, who, by the way, does not keep an "establishment," show that the true idea is getting abroad:—

"A CERTAIN CURE FOR COLDS.—As the season for colds has now approached, I give you a remedy I have never known to fail:—

"Three cents worth of liquorice; three cents worth of rock candy; three cents worth of gum arabic; put in a quart of water, simmer them till thoroughly dissolved, then add three cents worth of peregore, and a like quantity of antimonial wine. Let it cool, and sip whenever troublesome. It is pleasant, infallible, cheap and good. Its cost is fifteen cents."—*Long Island Farmer.*

"Mix three cents worth of sour milk with it and give it to the hogs. Wash yourself every morning all over

in cold water and you will never have a cold. If you have not begun the practice (and have a cold already), commence to-morrow, and your cold will leave you in less than twenty-four hours. We have tried this remedy for four years, and have seen others who have tried it, and in no one instance have we known it to fail. A man who says he has a cold and head-ache, and feels badly, says, in substance, that he is a filthy, lazy fellow; and if he greases his insides with the above mixture, he will be nasty inside as well as out, and will need a doctor to cleanse him."—*Merchants' Day Book.*

HEALTH REFORM.—How few among the many philanthropists whose names have, during the last several centuries, adorned the pages of history, have suspected that health reform was the true basis of all reform! Christians have labored hard, yet in vain, to regenerate souls in degenerate bodies. A high moral nature implies a sound mind, and a sound mind presupposes a healthy body, and a healthy body depends on salutary external circumstances. Happily, the press, both religious and secular, are taking hold of this subject in a way which promises not only to talk, but to *do* "deeds meet for repentance." The "Independent," a Presbyterian weekly, concludes an excellent and forcible appeal to *Christian* landlords, to build comfortable and healthful houses for their poor tenants, instead of crowding them into dark garrets, damp cellars, and sickly alleys, with the following truly philosophical and eminently Christian remarks:—

"But we place the subject on the higher grounds of humanity and religion. Even if we ourselves were wholly exempt from danger, and by our favored circumstances with respect to dwellings, food, clothing, and medical advice, could live during each recurring epidemic without personal apprehensions, yet ought we to feel and act in behalf of thousands doomed by their physical condition to be an easy prey of the pestilence. This Humanity demands. This Religion also demands. In many cases, the sanitary reforms which we have recommended are indispensable to the success of moral reforms. Take a wretched, besotted inmate of the Old Brewery at the Points, and bring him to a church, arouse his conscience, extort from him the promise of amendment, and then send him back to that den of filth and infamy—with how much hope of permanent good? Gather children from such abodes into Sabbath-schools, teach them the morality of the Bible, the principles of the Gospel, and then send them back to grovel the week long in filth, and vice, and wretchedness, and how many of them will grow up to be virtuous citizens? how many will become followers of Christ? We submit these questions to city missionaries and tract visitors conversant with the facts; and we hazard nothing in saying that the moral renovation of some sections of New York is hopeless, while the physical condition of their population remains what it is. We have not yet begun the reformation of the poor in great cities at the right point. The Free-church system has failed. Tract distribution and Sabbath-school labors accomplish much good, but fall far short of the necessities of the case. We must lift the mass of society out of the mire before we can purify it. One-tenth part of the money expended upon stately church edifices, had it been appropriated to the erection of suitable dwellings for the poor, would have done more for their moral elevation than we fear is likely to be accomplished by our rich churches, and would have made a far better practical exhibition of Christianity. In all measures of true social reform, wherever the great interests of

humanity are to be promoted, Christians should take the lead. It remains for them to apply the spirit and maxims of the Gospel to the physical condition of the poor. This is God's teaching in the fearful visitation of the pestilence. When shall we begin to profit by it?"

CITY SLAUGHTER-HOUSES.—A late daily paper contains the following paragraph, wherein is much "food for reflection:"—

"Petitions are in circulation for the removal of the slaughter-houses from their present location far up town, on the borders of the river. This is a most desirable measure, and would confer a great benefit upon the community. Not only are they a decided nuisance, but these slaughtering establishments are constantly open, and children and youth are stimulated by curiosity to witness the most demoralizing spectacles of blood and slaughter."

Is it possible to present a stronger argument against eating the mangled carcasses of animals than the above? If flesh-meat was originally designed for the food of man, some bodies must demoralize themselves in preparing it for our tables. Can any one suppose, for a moment, that the Creator intended man so to live that brutalizing scenes of blood and slaughter should constitute a part of his necessary duties? Compare this butchering business with that of tilling the soil, cultivating esculent roots, beautiful grains, fragrant flowers, plucking and eating delicious fruits. All this is calculated to refine, ennoble, and exalt the minds of children and youth. How often do we mistake man's depravity for God's design!

TERRIFIC EXPLOSION OF AN ALLOPATHIC BLUNDERBUSS.—The following paragraph, credited to the "Philadelphia Medical News," is going the rounds of the regular medical journals.

HYDROPATHY AND CHOLERA.—The able German correspondent of the "Medical Times" states, in the number of that journal for Oct. 27th, that the hydropathists have suffered most severely from cholera. "They inundated the newspapers with the wondrous results of hydrophathy, and their mode of treating cholera; but, alas! not less than eight of their number died of that disease."

Those who are accustomed to swallow huge doses of "potecary" poisons, under the agreeable delusion that they are medicines, may be willing to gulp down this whole-cloth fabrication with a vague idea that there may be some truth in it. We simply and explicitly pronounce it a LIE.

HYDROPATHY IN THE LONDON HOSPITALS.—The "Belmont Farmer" (Ohio) gives us the following side thrust, carelessly and without malice aforethought:—

"The wet sheet practice has had a fair trial on the cholera patients admitted into the London Hospital; but, although it had the effect of producing a general warmth of the skin and bringing about reaction, ALL THE PATIENTS DIED."

Permit us to inform you, Mr. Belmont Farmer, that while the London allopathics were warming up their cholera patients with the wet sheet, they were pouring down their throats *calomel, opium, brandy, &c.* Call you this a fair trial? You might as well confine a man twenty-four hours to a potato diet, then bleed him ten quarts, and then accuse him of dying

of starvation—the potato diet having had a "fair trial."

BROMA.—The Boston "Medical Journal," with the usual consistency of medical lingo, endorses the *broma beverage* as an excellent article of food.

"Broma, an admirable preparation, alike agreeable to the well or sick, has acquired a reputation which we think it certainly deserves. A few years since, a great manufacturer of Broma, Mr. W. Baker, of Dorchester, Mass., sought the opinions of many medical gentlemen of distinction, for the purpose of having an unobjectionable food for invalids, and he was assured that he had fully succeeded. Hospitals, infirmaries, and households generally, should always be provided with it. When gruel, arrowroot, groats, barley, starch, rice, farina, and many other things ordinarily resorted to for patients, are of no utility, the Broma is sometimes relished. It is believed that those who use it as a beverage will have manifest dietetic advantages over the consumers of tea and coffee."

What a wonderful reason is assigned for this unobjectionable food and drink! It is "*sometimes relished.*" How would the argument apply to a little cold water? This must be the age of reason, or rather the season when reason becomes of age.

CHOLERA AND COD-LIVER OIL.—These themes continue to constitute the burden of the songs of nearly all the medical journals of the day. If the *uninitiated* into the mysteries of medical science were to read over the wonderful success of all sorts of treatment, as published in all sorts of medical periodicals, they would either conclude that the cholera was a very small matter in the hands of a "regular physician," or that this world is greatly given to mistakes.

Having already said our say respecting the cod liver speculation, we submit the subject to a jury of the people, after quoting another paragraph from a contemporary:—

"COD-LIVER OIL is said to be the best known remedy for incipient consumption; and such has been the demand for it, that a suspicion has arisen 'that there is more of the article in market than there are pounds of cod livers caught.' The Maine Farmer thinks this is of no consequence, as any other fish oil is quite as good as that of the eod. The Esquimaux grow fat on seal and blubber, and the Penobscot and Quoddy Indians on our coast increase in health and obesity during the fishing season, when porpoise oil is plenty. The Maine Farmer urges consumptives to try porpoise or any fish oil—it will nourish, if it does not cure."

HYDROPATHY FOR THE POOR.—The North-Western Gazetteer (Galesburg, Ill.) is out against the eight-dollar per week water-cure establishments, contending, very plausibly too, that the true medical gospel, like the true spiritual, should be preached to the poor. Two things, however, the Gazetteer has overlooked. The poor must be made to understand it before they *can* in all cases successfully apply it at home; and again, many of them have such morbid feelings within, or such prejudicial influences without, that they *will not* practice it at home. Establishments are "necessary evils"—and necessarily expensive—to demonstrate the efficiency of water-cure,

while the people are informing themselves, and getting rid of their false habits and prejudices, preparatory to a realization, in the bodily sense, of that glorious *humanitarian* sentiment, "To the poor the gospel is preached."

CONVULSIONS IN CHILDREN.—In the "British and Foreign Medico-Chirurgical Review," we find a very learned disquisition "On the Pathology of Convulsions in Children." After laying down a variety of unintelligible propositions, and reasoning himself into a brain-fever of confusion, the author—Dr. West—comes to the following conclusion:—

"The grand reason of their frequency is, no doubt, to be found in the *predominance of the spinal cord over the cerebral system in early life.*"

Mothers, if this sage counsel is anything but rank, silly nonsense, your children must die *just as it happens*, and you can't help it. But it is nonsense; very learned yet very absurd. If you keep your own bodies healthy, as we tell you how to do, before your children are born, and avoid stuffing them after birth with the nurses' slops and the doctors' drugs—and "dye-stuffs," as neighbor Noggs has it—they will not know anything about convulsions. Can anybody, excepting, of course, learned doctors, believe that God makes infants so blunderingly that one part of their organization so predominates over another as to produce convulsions and death soon after birth?

MALIGNANT TUMOR CURED BY DIET.—The celebrated Dr. Twitchell, one of the most noted surgeons of New England, has cured, in himself, a malignant tumor of the eye, of nearly ten years' standing, by a rigid diet of bread and milk. This is an important case, as showing the powerful influence of food upon the whole organization. Cancerous and scirrhus affections were hereditary in the family of Dr. T. In early life his health was delicate; while at college he became dyspeptic, with jaundice and enlarged liver, and finally became asthmatic. He then used animal food freely; but, on adopting a vegetable regimen for nine years, he never had a single attack of asthma during the time. On resuming animal food again, his health declined, and a hard tumor commenced forming in the internal angle of the right eye. From 1843 to 1845 he used a variety of local applications without permanent benefit. It was then cut out with a scalpel. It grew again, and was again cut out and caustic applied; still it grew and became worse in character, threatening to involve the whole eye, and Dr. T. had about concluded to have the whole organ extirpated. But conceiving the theory that malignant diseases arise from taking *too much* carbon in our systems, he determined to try an extremely simple diet. He has now for over two years adhered strictly to a diet of four to six ounces of cream, with the same quantity of brown or white bread at each meal, taking three meals a day. During the time, he has taken no medicines, and used no external medicinal applications. His eye is now well, and his whole body in apparently perfect health.

On the case of Dr. Twitchell, a writer in the Charleston Medical Journal makes the following comments:—

"The theory which governed Dr. T.—was it correct? I confess that I am unable to solve the question; I merely suggest it. Some, whom I consider as our ablest animal chemists, think that it was by the process of starvation, as described by Liebig, that the cure was wrought. It seems to me that this cannot be the true explanation—for Dr. T. has always been stout, and it will be remembered that at one time he actually gained flesh under the diet."

Surely here is a queer puzzle. The man is cured of his disease, and enjoys perfect health and strength, yet learned men cannot agree whether this condition is a result of *nutrition* or *starvation*.

NIGHTMARE.—Somebody wants to know something about the nature of this troublesome nocturnal visitation. Here is the key to unlock the whole mystery. A certain person consulted the doctor about a terrible dream. She dreamed the night before that she saw her grandmother. "What did you eat on going to bed?" "Only half a mince pie." "If you had eaten the other half you would have seen your grandfather, too."

Over-eating, eating late, or eating indigestible food, are the usual causes. Excessive fatigue may induce a fit; and the mental depression consequent on over-excitement sometimes predisposes to it. Dyspeptics, whose superficial vessels are shriveled up so that the blood accumulates in and over-distends the vessels of the brain and lungs, are very liable to nightmare paroxysms. Whatever the cause, the condition of the system is similar, and the treatment the same; plain, simple, opening diet, external bathing, friction, &c., and plenty of exercise out-door.

THE WATER-CURE IN CHILDBIRTH.

MR. WELLS.—The writer of this, as you are well aware, is one who has had sufficient practical experience of the efficacy of the WATER TREATMENT in cases of Pregnancy and Childbirth, to warrant her speaking of it in terms of well-grounded praise. Safe, simple, and perfectly in accordance with the laws of Nature, she does not hesitate to pronounce it immeasurably preferable to "the Chloroform practice" on the one hand, and "the Allopathic routine" on the other. The former—professing, as it does, to render childbirth a *painless* effort; and that by the agency of a most fearful means of inducing *stupefaction* (to the evident risk of life itself)—seems to her a mode of treatment both monstrous and unnatural; while the other, with its air of pompous mystery, its superstitious trifling, and its imbecile timidity, could hardly fail (one might naturally suppose) to carry with it, to every thoughtful and intelligent mind, its own irrevocable sentence of condemnation. Seldom troubling himself about the hygienic management of his patient *before* delivery; allowing her, tacitly, to gratify every whim and inclination during the period of pregnancy,—our allopathic physician is generally content to let things follow their own course until his

interference is absolutely demanded. Does she take a fancy to indulge in "a light supper" of clams or lobster-salad somewhere about midnight, and suffer accordingly, Dr. BOLUS is content to hurry to his patient, when sent for post-haste, and administer *ipæac*; and, in case she is lucky enough to survive such indiscretions and complete her full term, he is above all solicitous to confine the poor mother to her bed of anguish for nine mortal days! A regular conspiracy is entered into with "Nurse" to keep the unhappy victim in her recumbent position during all that mystic period; and even then, it is with reluctant misgiving that she is at last permitted to go out of her chamber. Pale, weak, and care-worn—like a prisoner just released—it is but slowly and gradually that she regains the strength her doctor has absolutely frittered away in the close air of an ill-ventilated sick-room. No wonder the world is so full of sallow young mothers, prematurely grown old, after lingering through such a process as this!

The WATER-CURE system so completely sweeps away all these superstitious practices and notions that it seems almost like inveighing against the current opinions in the era of "The Dark Ages," to pronounce such a mode of medical treatment, a downright imposition upon the good sense of woman. The Water Treatment in Childbirth is marked by no such absurdities. Without professing to remove *pain* in labor—for it regards pain at that period as the natural lot of woman—as the direct fulfillment, in fact, of the Divine decree—the Water-Cure so thoroughly invigorates the general health and renovates the whole system, that the period of labor is materially abridged, the power of enduring pain wonderfully enhanced, and the hour of trial so greatly shortened, that recovery is rapid, and almost always immediate. The utmost care and attention are bestowed upon the hygienic management of the patient during the period of pregnancy. Thorough ventilation, frequent changes of clothing, regular exercise, moderation in diet, sleep, and social amusements, are strictly enjoined; and a course of bathing is carefully prescribed to suit the circumstances of each individual case. By this mode of management, no patient completes a course of judicious water treatment in childbirth, weak, wretched, and languid, like the great majority of American mothers "doctored by routine." There is no loss of bloom and freshness visible on her cheek; no feeble, halting walk; no groan, or sigh; no weariness of the back, with dull, aching pains; no lifeless apathy. But the various positions assumed in these brief introductory remarks can be better illustrated and enforced by an appropriate selection of cases, than by any other mode. The following are chosen from a pretty well-filled note-book:—

CASE FIRST.—*Mrs. J.*, a young lady, only 17½ years of age, of slight frame and delicate health, was under water treatment during her pregnancy. She faithfully followed the advice prescribed for her, and thus prepared herself to pass through her trial without any

real loss of strength or life. She was safely and speedily delivered; bathed three times the first day; and, after one good night's sleep, was able to sit up and walk without danger or inconvenience.

Treatment.—At the beginning of labor, a thorough clyster of tepid water was administered; and after this, a soothing general bath. It being very early in the morning and her usual time of rest, she slept between her pains while they remained light and the intervals long enough to admit of it. As a slow labor is almost always the safest, in the case of a first confinement, no exciting bath was given Mrs. J. at this time; it being most proper to let nature do her work alone as long as she could. In about one hour, the symptoms changed, and a sitz bath was given. The pains immediately became strong and efficient, and, in twenty-five minutes, Mrs. J.'s first-born—a fine strong boy—was placed in her arms. As soon as labor was complete, a bandage of soft, wet linen was put around the abdomen as firmly as the comfort of the patient would allow; and it was directed to be worn constantly, and kept wet and cool until she was perfectly restored. There being a great tendency to uterine hemorrhage (flooding), Mrs. J. was very soon lifted from her bed and placed in a sitz bath of tepid water, which was gradually cooled before she was taken out. [This first bath after labor is the great blessing of the Water Treatment in such cases; words cannot describe its refreshing effect. It soothes the tired nerves; it removes all heat and soreness, and wonderfully assists nature to bring about the necessary contraction.] After this bath, Mrs. J. slept two hours, and awoke so greatly refreshed, that it was with difficulty she could be persuaded to be treated any longer as an invalid. After her third bath, she slept all night, and was up and about her room a great part of the second day. The secretion of milk was at first too abundant for so young a child; but this is always easily remedied by wet compresses, and the occasional use of the milk-pump. In this case, the wet linen compress so softened the breast that the milk ran out of itself. Mrs. J. was quite well at the end of the week, and, like most water-cure mothers, has lost none of her strength and youth by bearing a child. On the contrary, she is gradually gaining even more freshness and beauty.

CASE SECOND.—As an encouragement to those who have borne children, been badly treated, and are now in fear of another great drain upon their health and life, I here give the case of a Southern lady who came to New York to try the water-cure, having suffered greatly in childbirth under the regular treatment. When her first child was born, she was kept in bed two months, and was so much weakened that two abortions followed in due time, leaving her a mere wreck of her former self. With no other complaint but this, she was made twenty years older in four. Reduced to a state bordering on despair, she listened to a friend's advice, and in a measure adopted the Water Treatment. She was so far restored by the sitz bath alone, that she safely passed over her

usual time of abortion and went through her full time. She came to New York in the last month to have proper water-cure nursing and treatment at her time of delivery. She had a safe and easy labor, and was up every day, to take her baths and look after her child. This lady dined with me at my own table, the third day after delivery. Her child is a healthy, lovely girl—a bright rose-bud beside its pale, thin sister, who is five years older than “the water-cure baby.”

M. L. S.

No. 51, Tenth St., New York.

HYDROPATHY VS. CALOMEL.

BY L. B. ARNOLD.

TO THE EDITORS.—A case has occurred in which water has so signally triumphed over Calomel & Co., I am induced to offer a brief history of the circumstances to the readers of your Journal.

LANSING LEWIS, OF LITTLE FALLS, N. Y., aged twenty-two years, form slender, chest narrow and compressed, was attacked, in October last, with dysentery. The attack being severe, two physicians of reputed skill were called who attended him daily, yet he rapidly declined. At the expiration of ten days his symptoms and condition are thus described by his parents and those who took care of him. Tongue thickly coated all over, purple and glazed; stomach instantly rejected whatever of food or medicine was swallowed; upper bowels had not moved for a week, lower bowels for as long a time, (after douching off, apparently, their whole internal coating), discharged blood, fresh and inodorous, from fifty to sixty times a day; bowels all in constant and very severe pain, and much inflamed; could speak only with a whisper.

Lewis was taken on Saturday. A week from the following Monday the physicians called in as usual, and after an examination and consultation, one of them announced to the patient's father that they had done all they could for his son; that medicine failed to affect him; and that he “must die.” By request of the father the physician also announced the same solemn intelligence to the patient, that he might be prepared to meet the fate that must soon overtake him.

Next morning, as neighbors called in to learn the condition of the patient, after being informed of his situation, and the opinions of the physicians, some of them being accustomed to sickness, were asked if they could think of anything that would be likely to relieve the intensity of his pain, and render his short stay more comfortable. Of life there were no hopes. Having learned by reading and report (for they had never used it) the efficacy of water as a pain extractor, they suggested its use. The suggestion was approved, and they were solicited to make an application, which they undertook, with no other expectation than to mitigate the distress, and smooth the passage to the tomb, of their unfortunate neighbor.

They placed upon his bowels cold wet cloths, changing them every ten minutes—applied them at first only every alternate hour—gave tepid injections every twenty or thirty minutes—gave freely cold water to drink. This treatment commenced Tuesday morning, about ten o'clock, and continued through the day—pain began to abate in about twenty minutes, and soon entirely ceased. After the cessation of pain, the patient so much revived that a ray of hope gleamed, and a further effort with a view to save was proposed. Sweating was thought best, but this at first was deemed unsafe. The vital spark was so near extinct it was feared the sudden chill of a cold wet sheet would entirely extinguish it. Waited till seven o'clock, P. M., when it was ventured to wrap him in a wet sheet, of the temperature of the room, accompanied with moderate friction—copious sweating commenced in thirty minutes, and felt most grateful—kept him enveloped an hour, then washed and rubbed—in about three quarters of an hour after the removal of the wet sheet, upper bowels moved—excretions, putrid and offensive—appetite soon revived, and a little nourishment was taken with a satisfactory relish—slept, and awoke refreshed. The change now wrought inspired the most confident hopes. The crisis was evidently passed in safety.

Mindful of the responsibilities that attached to their undertaking, and the thundering denunciations that would be heaped upon them, and the means employed, should Lewis, by any mishap, die upon their hands, these hydropathic neighbors proposed following up with mild measures the advantages they had gained, and pursuing the most cautious and safe course. They continued the treatment with cold wet cloths upon the bowels until the inflammation was reduced; afterward wet bandages were worn for a time—gave tepid injections as before, but less and less frequent until dispensed with—daily ablutions of the whole person with cool water, followed with friction—gave freely cold water for drink. This constituted the whole treatment, except that his parents, not having yet entirely lost their confidence in drugs, gave a small dose of quinine, as a tonic, once a day. Under this treatment he daily gained strength—evacuations became less frequent and more natural, and the glazed coating of the tongue began very slowly to narrow. A more scientific prescription by a practical hydropath might have hastened the cure; but a rapid recovery in one whose vital organs are as feeble as Lewis's structure indicates, could not reasonably be looked for.

This being the first case of hydropathic treatment that had occurred in the village, and apparently a hopeless one, considerable interest was naturally awakened. The “regulars” not only, but the consumers of drugs became alarmed for the repute of their favorite nostrums. Opposing interests and opinions took different sides, and put in circulation contradictory reports. While proof was claimed on one side, it was denied on the other, that the physicians had given him up. Often inquiring after the sick

man of those who frequently saw him, I was confidently assured by some that he was getting better, and by others, as confidently, that he was continually growing worse. The friends of hydropathy seemed very anxious that he should recover; and the disciples of drugs—well, they didn't seem to care so much about it. But young Lewis grew better in spite of all opposition. In two weeks after his new treatment commenced he could walk across the house, and soon was about the village. And now, grateful to his friends for having saved his life, he is pursuing his studies at the academy in the village, in the enjoyment of more than his usual health.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE.

PHYSICIANS of almost all kinds, for years, have admitted the beneficial effects of cold sponging in high fevers, especially in scarlet fever; and in this latter disease, it would very much puzzle any of them to produce any medicine that can be relied on in the least.

But the great trouble has hitherto been, that the spongings have been but few and far between, and terribly small, while the dosings and druggings have been many and often. The latter, of course, would prevent the former from producing a cure, though as far as they went would assuage and counteract. Any one, however, at all conversant with fevers and their management, will perceive the necessity of *frequent and full* ablution, &c. &c., in order to effect anything like a cure or decided relief.

Scarlet fever has three varieties: the mild or the "simplex," the less mild or the "anginosa," and the malignant.

The "Scarlatina Simplex" is scarcely more troublesome than simple Chicken-pox, and needs only to be let alone, "severely" giving the patient frequent draughts of pure cold water, with now and then a wash-down, to cure itself.

It is the officious intermeddling of the ignorant nurse or self-sufficient physician, that causes all the trouble in this simple form of the scarlet fever.

Poor ignorant souls, they are so anxious to show the world how much they know, that they hesitate not to take the work of nature out of her own hands, and substitute the workings of their own base agents! May God forgive them, nature never can.

Under the vain pretence of assisting the recuperative power to throw out the fever and the rash! they give their heating, pungent, aggravating drugs, which are as poisonous to the system as they are unpalatable and unavailing.

"Drive out the rash!" Poor benighted souls, did they begin to understand the pathological condition of the patients at such times, they would never propose such an absurdity.

The great reason, generally, that the eruption comes not readily to the surface is, that there is too much

"driving" already going on in the system. Owing to the false conditions in which the subject has always more or less existed, the pores of the skin are obstructed, the viscera oppressed, and as a consequence the arterial system is "driving" the blood with terrible velocity, through the vessels; and this excitement of the arteries, heart, &c., is what prevents the recuperative power within from pushing the eruption to the surface, and, with it, the cause of all the trouble.

Now, need any one, with brains better than mashed turnips, be told that all stimulants or irritants—and all drugs are one or the other—will inevitably make a bad matter worse in such cases, by increasing the excitement and oppressing the internal organs?

"Noggs" says, "nature can't be driven." You can coax her to do most anything, whether in a cow, a hog, or "a human," but you can't force her without doing harm.

Simple scarlet fever, maltreated, becomes oftentimes severe and dangerous, and one great mistake let me here correct, which many friendly to the Water-Cure too often fall into, viz.—that in an event of this kind—where the holy tabernacle of nature has been invaded, her noblest instincts perverted, and her highest efforts crushed by the ruthless hand of the so-called physician!—that it will not do to use water, for fear of the antagonism between it and the "medicine!" As well might you say, that it will not do to bring the hardened sinner under good influences!

My doctrine is, the more of the devilish a man has in him, in either case, the more necessity he has of the god-like or good.

The water, &c., properly applied, will "cast out devils"—especially drug ones—better than anything I know of; aye, even the prince of devils, Calomel himself, about offending whom, the water-cure-ates are particularly afraid.

But their fears are groundless; I have frequently had patients in the full tide of successful water treatment, while in a state of salivation, and the invariable effect has been, to take the i right out of the salivation; many a time, too, when but for the Water-Cure, physical salvation had they none.

No, no, friends, fear not to encounter evil with good; and to the poisoner let me say, with stentorian voice, "Do not evil, that good may come."

The second and most common form of scarlatina is the "anginosa," of most authors: this form is characterized by considerable swelling and soreness about the glands &c., of the throat. The soreness of the fauces or membranes of the throat, amounting to ulceration very frequently, has given this disease the distinctive name of "canker rash," and it is not unfrequently that you hear of a child dying of the "scarlet fever, canker rash, and throat distemper," as if they were three separate diseases. Whereas they are only different names for the same disease.

This form of scarlatina often proves fatal, especially when treated allopathically, and oftentimes, when not—as the patient's previous conditions have been

so long untrue, and the constitution so much impaired thereby, that even the water-cure will fail to cure—though it always gives immediate and great relief. As a general thing, however, this kind of scarlet fever can be cured with the Water-Cure, if applied properly, and in season.

I say the disease can be cured, it would be more proper to say that the system can be sustained, during the struggle between the disease and the constitution, the wet sheet, &c., acting like the electric conductors in carrying off the accumulated caloric, which otherwise would so oppress the system, and dry up the vital juices, as to cause the destruction of the delicate structures it so delights to revel amongst.

My treatment in this particular form may be learned from the following case:

A child of Mr. O., of Lynn, aged about one year, was taken vomiting—as they usually do in all forms of scarlet fever—this is one of the distinctive symptoms, and is the most sure, before the rash appears; but the parents did not know this important fact, and therefore were not alarmed, till the throat began to swell, and even then did not feel much so, as there was no appearance of any rash, or none noticeable to them, for three days after the vomiting took place. And here let me remark, that, in severe cases of scarlet fever, oftentimes there will be scarcely any eruption for several days and during the whole of its continuance, only here and there a patch. On the contrary, the patient is paler than usual—the trouble in the throat being the only real evidence of the presence of the terrible malady.

At the time I was called the child could scarcely swallow, and the matter was running from its nostrils, which the inflammation in the throat had caused to be formed; or in other words, suppuration had taken place, as it always does when inflammation reaches a certain height, it being the only way the recuperative power can devise to relieve the oppressed parts.

I immediately ordered the child to be put into a wet sheet—two thicknesses—and why? because, as I have said, there was no appearance of eruption, and the first thing was to produce a determination to the surface, and thereby take off the terrible pressure from the engorged vessels and viscera within: but equalizing the circulation is no easy matter after the disease has proceeded thus far, and I found it necessary to apply the sheet every three hours, for some two whole days, using the most active friction between whiles, and keeping cloths constantly applied to the throat and stomach wet in ice water, and changed as often as they got hot. Once a day the bowels were gently moved by an injection of slightly tepid water, and the feet were washed in ice water and rubbed with the warm hand till well warmed, three or four times every day. In this way we succeeded in a few days in restoring to the arms of his fond and heroic mother one of the loveliest of children, which, had it not been for the water so faithfully applied, (and which many mothers would not have had the courage

to do), it must inevitably have perished. Aye, it has been mine to prescribe for hundreds sick with the same dire disease, but never before saw I one so sick as that, that ever recovered under the use of drugs. There is still another kind or form, called the malignant, which is one of the most dreadful diseases known; it seems to paralyze all the energies of the system at once, before the parents know what the matter is, and hence before the physician gets there it is too late to do anything but alleviate.

But in all cases, where anything can be done, the Water-Cure is the cure. Where the heat is great, you must apply the water in such a way as will reduce the temperature the quickest and with the least worryment to the patient—I find the sitz bath as good as anything in such cases, with frequent draughts of cold water, and wet bandages afterward. When the heat becomes nearly natural, then apply the sheet, but be careful not to keep them in too long. Watch them; when they look or act as if uncomfortably warm, take them out, let it be when it will, and wash them down till they are as cool as common, and a little more so.

In this way, the scarlet fever, in most cases, can be robbed of its terrors, and many a lovely darling saved.

HYDROPATHIC COOKERY.

BY R. T. TRALL, M. D.

As intimated in the last number, the vegetable kingdom affords the principal and best materials to nourish and restore the Water-Cure invalid. All the cereal grains may be made into common raised bread, or water-biscuit, or employed in the form of mush. For variety, bread may be made of several kinds of meal mixed: as wheat and corn; wheat, corn and rye; wheat and barley, etc. Unbolted flour is *per se* always the best, most healthful, and in fact most nutritious. Fine or superfine flour, as a matter of indulgence, may be allowed occasionally without seriously interfering with the cure of chronic diseases. It is true that a free use of vegetables and fruits will, in a considerable degree, counteract the constipating effects of fine bread, so that many invalids recover without using unconcentrated farinaceous food at all. Great care should always be taken in having fermented brown bread good. The bakers make an article which may be truly called detestable trash. Graham bread has lost caste in the community, simply because bread-makers, who manufacture to suit the market, sell an article more likely to give a human being the dyspepsia than to cure it. It is fermented to the rotting point, and then the acid evolved is neutralized with ammonia, saleratus, salt, &c. The coarse flour used in this market is often a damaged article. Hence none are fit to cook for hydropathic invalids who do not select their own grain, see that it is properly ground, and personally superintend its preparation for the table. The anathemas which have been so often pronounced against hydropathic fare, are owing more to carelessness or ignor

ance in its preparation, than in the perverted appetites of patients, or its unpalatable nature.

In a Water-Cure establishment bread should be regarded as the *real* "staff of life," and all possible pains taken to have it pure and perfect. It is often and most significantly remarked, that good bread makes every thing else good," while bad, sour, heavy, or over-fermented bread spoils the whole meal, however nice and varied the accompaniments. Bad bread has been the death of more than one hydropathic establishment in this country. I dwell strongly on this point, for I regard it of paramount importance. Nothing would conduce more to the healthfulness of a family of children than good brown bread, made in the house by the careful hand of a fond mother or intelligent sister. Those who are taught to love it in childhood, will not be apt to depart wholly from the kind of bread they should eat when they become older. People generally eat as they dress, not according to health and comfort, but according to fashion.

Rice is an excellent grain, but usually badly cooked. It should be boiled very slowly and stirred but little, so as to leave the kernels whole, yet perfectly soft when it comes to the table.

Vegetables and fruits plainly stewed, boiled or roasted, may be allowed to almost any extent, due regard being had to individual habits. Persons of weak digestive powers should gradually accustom themselves to the more watery and less nutritious kinds. The common practice of cooking all sorts of vegetables in water made into a strong brine with salt, is highly objectionable. They should be cooked in fresh water, or but slightly salted, leaving those who *will* use salt excessively, to put it on afterward. This method will lead invalids into the habit of using less and less. Any person who has been in the habit of using freely salt, mustard, sugar, pepper, or vinegar, or any other seasoning ingredient, by restricting himself to a very small quantity for a few months, will find his lost susceptibilities of palate so restored, that one-half or one-fourth the former quantity will produce as strong an impression on the nerves of taste, and be equally satisfactory as far as appetite is concerned. Physiologically, however, there is but one rule for condiments and stimulants of all kinds—the less the better.

HEALTH THE BEST LEGACY.

ALL people generally, and young men particularly, would do well to attend to the following suggestions. They are extracted from a lecture recently delivered before the Boston Mercantile Library Association, by the Hon. HORACE MANN.*

"The young man walks in the midst of temptation to appetite, the improper indulgence of which is in danger of proving his ruin. Health, longevity, and virtue depend on his resisting these temptations.

* Recently published in a handsome book. Price 25 cents. Mailable. Address Fowlers & Wells, New York.

The Providence of God is no more responsible, because a man by improper indulgence becomes subject to disease, than for the picking of his pockets. For a young man to injure his health, is to waste his patrimony and destroy his capacity for virtuous deeds. Should a man love God, he will have ten times the strength for the exercise of it, with a sound body. Not only the *amount*, but the *quality* of a man's labor depends on his health. The productions of the poet, the man of science, or the orator, must be affected by his health. Not only lying lips, but a dyspeptic stomach, is an abomination to the Lord. The man who neglects to control his appetites, is to himself what a state of barbarism is to society,—the brutish part predominates. He is to himself what Nicholas is to Hungary.

"Men buy pains, and the purveyor and marketman bring home disease. Our pious ancestors used to bury the suicide where four roads meet; yet every gentleman or lady who lays the foundation of disease with turtle soup or lobster-salad, as really commits suicide as if they used the rope or the pistol; and were the old law revived, how many, who are now honored with a resting-place at Mount Auburn, would be found at the cross roads! Is it not amazing that man, invited to repasts worthy of the gods, should stop to feed on garbage; or when called to partake of the Circean cup, should stop to guzzle with swine!

"If young men imagine that the gratification of appetite is the great source of enjoyment, they will find this in the highest degree with industry and *temperance*. The epicure, who seeks it in a dinner which costs five dollars, will find less enjoyment of appetite than the laborer who dines on a shilling. If the devotee of appetite desires its highest gratification, he must not send for Buffalo tongues, but climb a mountain or swing an axe. Without health there is no delicacy that can provoke an appetite. Whoever destroys his health, turns the most delicious viands into aloes. The man that is physically wicked does not live out half his days, and he is not half alive while he does live. However gracious God may be with the heart, he never pardons the stomach.

"Let a young man pursue a course of temperance, sobriety, and industry, and he may retain his vigor till three score years and ten, with his cup full of enjoyment, and depart painlessly:—as the candle burns out in its socket, he will expire.

"But look at the opposite. When a man suffers his appetites to control him, he turns his dwelling into a lazaret house, whether he lives in a hovel, clothed with rags, or in the splendid mansions and gorgeous clothing of the upper ten.

"Let every young man look on this picture and on that, and tell which he will choose. Society despises the wretch who debases himself, and treats him as the wild horses do their intractable members,—get him inside of a ring, and with heads out, kick him to death."

MISCELLANY.

SINGULAR ORGANIC TRANSMISSION.

BY J. A. SPEAR.

ABOUT a year ago a sick man, fifty years of age, was brought to me by the overseer of the poor of an adjoining town, to be treated with water. He had been sick four months, was not getting any better, kept talking nearly all the time, said he did not know anything, that his head was all rotten, and would frequently ask if he was dead. At other times he would affirm positively that he was dead. I was told that he had been in a similar condition once before; that medicine did him no good; but when the warm season returned, he gradually recovered. I learned that if his sisters were sick, they were generally at a loss to know whether they were dead or alive, and would frequently affirm that they were dying. I thought there must be something a little singular in the matter, and perhaps it might be hereditary. I found by inquiry that their mother had a similar feeling. Still believing it to be hereditary, I inquired of his uncle, an aged man, if his father or mother were troubled with a similar feeling. He said no; they were both the farthest from it. Said I, how did this happen? He answered, that just before his sister's—Mrs. W.'s—birth (the mother of the sick man), his father was in the British service, under Gen. Wolfe, and was wounded in the battle on the plains of Abraham, where Wolfe fell. While in that condition, word came to his mother that his father was wounded, and it was not known by her for a long time whether he was dead or alive. Thus that doubtful feeling was impressed upon her infant, and through how many generations it will be transmitted we cannot tell.

“SWALLOWED A LEECH.—Some of our Sangrado doctors, whose delight in blood is so proverbial, have an odd way of treating an ordinary cold in the head, viz.: applying a leech to the inside of each nostril. This was tried upon a young man, from whose lips we learn the story, a few weeks ago. One of the leeches took good hold, according to the intention; the other, a very large one, was of a curious or exploring disposition, and chose to penetrate the interior, making his way up the nose and thence down into the throat. No effort at coughing or gagging on the part of the frightened patient could dislodge the invader. Finally, by a desperate effort, the poor man succeeded in swallowing him, to get rid of him. Now there was a time! What was to be done? Doctors were sent for in all directions, and many came straggling in of all sorts, regular and irregular—‘black spirits and gray.’ Some recommended one thing, some another. Cold baths and the stomach pump were in turn rejected. The patient called for dispatch, saying, he felt the leech boring a hole through his stomach. Upon this, Dr. Gray recommended the lancet (at which our learned friend, Dr. Francis, put on one of his approving smiles), on the principle of Hahneman, like curing like. On a second thought, however, in which Drs. Kirby and Joslin concurred, he concluded that the truest method of adhering to the principle of *similia similibus* would be to make the patient swallow another leech! At

this the regulars grunted, and the patient nearly fainted. At last, the majority agreed in the opinion that the best chance of ejecting the intruder from the stomach, was afforded by emetics. Accordingly, a variety were administered, viz.: ipecac, copper, zinc, tartar emetic, &c., &c.: but, owing to the panic of the sufferer, or some other cause, they all failed to operate. Hereupon half a dozen tumblers of warm salt water were given, which after several hours had the desired effect. Tremendous vomiting came on, but no leech appeared—no hide nor hair of his head ever was seen. It was more than a month before the young man was able to crawl out after such a fright and so many powerful emetics. He thinks he will never fully get over the scrape. But, whether the leech was digested as food, or remains battenning upon the rich food of the inner man, nobody can form the slightest conjecture.”—*Sunday Dispatch*.

A very good description of a very bad case. We think the *Dispatch* “rather hard” on our homœopathic cotemporaries.

PHYSICAL SALVATION.—In alluding to CONSUMPTION, its Prevention and Cure, recently published, the *New York Mirror* says:—

“We have great faith in the water treatment. Taken internally, it is far more efficacious than physic, in nine cases out of ten; and externally it should be applied eternally. Men ought to wash and pray without ceasing. It is really astonishing that the multitude will stupidly neglect this great means of physical salvation. The laboring classes in particular, whose health is their only capital, seldom extend their ablutions beyond the face and hands, which less need the purifying application than any other part of the system. We do not believe we overstate the case, by attributing four-fifths of the disease which human flesh engenders, to the unpardonable neglect to ‘wash and be clean.’ The physical significance of baptism is not yet understood; and we are disposed to lend a hand to all the Water Doctors, Water publishers, and Water advocates, who are preaching and practicing the doctrine of ‘cleanliness, which is next to godliness.’ Messrs. Fowlers and Wells are doing much to hasten the ‘days of purification,’ by persuading people, through their popular publications, to ‘wash and live like gentlemen,’ as Beauclerc advised Dr. Johnson.”

“DREAD OF REFORM.—It has generally happened that the men who disliked and opposed reform were those who were comfortably off under the existing order of things. They have persuaded themselves that their opposition and dislike proceeded from conservative principle, and the love of that order which is heaven's first law. But the true explanation is generally found in the fact that, as Sidney Smith says, Providence, which has denied to them all that is great and good, has given them a fine tact for the preservation of their own candle ends and cheese parings. If reform begins, how can they tell where it will end? They do not oppose reform because they wish to see others wretched, destitute, and unhappy, but merely because they apprehend that any important change might make matters worse for themselves. The general rule has exceptions; but still it is the rule, that the comfortable, full-fed, amply-provided for, are not apt to hurry on social reform and improvement. That is the work of those who see, and perhaps feel, where the shoe pinches, and when supplies fail.”—*New York Organ*.

This is a correct version, and every way applicable to our allopathic friends, who affect to believe hydro-pathy not applicable to all cases, and all diseases.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR, No. III.—We are much pleased that this series is rapidly commanding attention. Few articles have been more noticed in the public journals, than these first two, and the remainder is looked for with great expectation. It will be recollected that the series promised a history of medicine and medical theories: and the present article prefaces this. In it the author has given his views of the Institutes of Medicine, and having thus proclaimed his own convictions, proceeds to analyze the various theories of the profession which divide it into as many creeds as theology. Each system will be presented as its adherents would wish, everything in its favor being shown, and the whole presented, as far as its essence is concerned, without note or comment. We think a stronger evidence of enlightened conviction of the superiority of the Water-Cure over all other systems could not be offered than is thus given by the Journal. Examine all things and prove that which is good is our motto, and we think that our readers, after questioning the authorities from Esculapius to Samuel Dickson, will finally come to the same conclusion with ourselves, that were there fewer doctors, there would be less deaths, and that only by the common sense observation of nature can we hope to benefit effectually suffering humanity.

THE AMERICAN VEGETARIAN CONVENTION will be held in New York, on the 15th day of May next. The place of meeting will be given hereafter. It is expected that friends from England, Scotland, and other places, will be in attendance, and it is hoped that all in our own country, who sympathize with these views, will be present. Drs. Graham, Alcott, Metcalf, and others residing in different States, will doubtless take an active part in this first AMERICAN VEGETARIAN CONVENTION.

POPULAR CURATIVES.—The public ear is startled, every few weeks or months, by the announcement of a potent curative for some of the ills which most afflict mankind. These are generally useless and sometimes injurious, if not directly, certainly often by the delay which their trial causes,—the disease obtaining during the experiment a formidable headway. Not to go back many years, Sarsaparilla promised to cure everything; now, scarcely a well-informed medical man can be found who believes that the root has any perceptible remedial properties. During the last summer, Camphor, and afterward Charcoal and Sulphur, were pronounced curatives for Cholera; both are now considered useless. Belladonna has also fallen from its high estate as preventive of scarlet fever.

The hobby of the present day is Cod-Liver Oil. Apothecaries are quarreling as to who makes the best article, and the proprietors of cemeteries are disputing as to who shall receive those who have swallowed it.—*Cist's Advertiser*.

THE PROGRESS OF WATER-CURE.—The virtue of Water,—pure Water, as it bubbles up fresh and beautiful from the bosom of mother Earth, uncontaminated with the nostrums of man's invention,—is but just beginning to be appreciated. It is our firm conviction that its constant and judicious use, with a prudent course of life in other respects, will in a great measure supersede all other systems of medicine extant. When people can be persuaded to bathe freely in cold water every morning, the diseases which now so afflict body and soul, and deplete the pocket, will be diminished.—*Gem of the Prairie*.

COLD AND HOT ROOMS.—Never heat your rooms to excess—they might be better too cold than too warm, the sudden change from an over-heated room to the cold air produces more colds and consumptions than sleeping all night in the Park with the gate open. Care should be taken not to let the iron work of a stove get red hot, for in that case it absorbs the oxygen from the atmosphere, and vitiates the air of a room, rendering it unfit for the support of human life. Large surfaces, then, moderately heated, are the best means for heated apartments.

WATER-CURE EXPERIENCE IN EAST PRAIRIE, MO.—GENTLEMEN:—I inclose you one dollar for the Water-Cure Journal, in the full faith that you will comply with your promise in your Prospectus, to make it plain and familiar, adapted to the capacity of common people. I have every faith in the WATER-CURE. I have used cold water in my family for more than thirty years in all cases of fever of every description, and have never failed in effecting a cure.

Respectfully yours, ABRAHAM MILLAR.

WATER-CURE IN DAYTON, OHIO.—GENTLEMEN:—Enclosed you will find eleven dollars, the fruits of a couple of hours exertion. I am surprised that you have not a resident agent here. This is an important point. There might be one hundred subscribers obtained in this city, by a little exertion.

Truly yours, JAMES KELLY.

Will not our Hydropathic friends see to it that every family are provided with the Journal? We will furnish the Journal; will not they furnish subscribers?

THE PROVIDENCE FEMALE PHYSIOLOGICAL SOCIETY.—We take pleasure in announcing the formation of a new Society in Providence, R. I. The lectures recently delivered by Mrs. P. W. DAVIS, formerly PAULINE L. WRIGHT, have attracted much attention, and will do great good. We look forward hopefully for the time when every city and village will have similar Physiological Societies.

THE BOSTON LADIES have set a worthy example, by establishing the FIRST Society of this kind in the United States, if not in the world.

DAVID RUGGLES—causes of his death.—We copy from the North Star:—

“Early in Sept. 1849, he began to be troubled with a severe pain and inflammation in the left eye, from which he was never entirely relieved. At times the pain was so intense he feared there was something in the eye, but it was examined by Dr. Walker, of Northampton, and Dr. Dix of Boston, who both confirmed Dr. B.’s first opinion, that it was a serious case of inflammation of the optic nerve. Dr. W. advised him to give up all care and business for a while, that his already overtaken mental and bodily energies might have time to recruit. But it was difficult for him to do this while his house was filled with patients, some of them very sick, and most of them depending upon him for daily advice and attention. He declined taking new patients, and sought, as far as was possible under the circumstances, the rest and quiet he so much needed. But his health continued to fail, and in the latter part of November he was seized with severe inflammation of the bowels. He had the advice of Dr. Walker, (Homoeopathist) and Drs. Wesselhoef and Grau, of Brattleboro, but nothing that was done for him seemed to avail anything to restore him to health. The inflammation was removed, but over-exertion, mental and physical, had so entirely prostrated his strength, causing a relapse of a former complaint, (induration of the bowels,) which added to the acute attack rendered his case a hopeless one. During the last three weeks of his life he was confined to his bed, and most of the time his mind seemed to be wandering, and burdened with the care of patients, arranging plans for improving the grounds about the establishment, erecting new buildings, &c. &c.; though he recognized any of his friends who spoke to him, and would converse sensibly for a few moments.”

UTICA has just completed her water works, which gives the city a copious supply of pure water, at a cost of only \$75,000. It has a great head, and the hydrants carry water 30 feet above the spires of their churches. Its benefits in case of fire will more than pay the whole cost of the works.

ECONOMY.—H. C. R. writes us, that he had intended to do without the WATER-CURE JOURNAL, after the close of the last volume; but, fearing he should feel its loss, changed his mind, and renewed his subscription. He says, “I have stopped the use of Tea and Coffee, and of course shall make a saving by it, although I paid a dollar for the instrument of my conversion. I am glad to see the cause progressing so rapidly all over the land, and hope it will continue.”

We like this candid confession; our friend has found it profitable to dispense with TEA AND COFFEE, even though he paid a dollar for the instrument through which he became convinced of their uselessness: We think this man a worthy example. Who will follow?

SELF-LIGHTING CIGARS.—A patent has just been taken out in England for this new invention.

Now, we most respectfully suggest the propriety of some ingenious Yankee inventing a Self-Smoking Cigar. Then all will be right, and no harm done; providing always, that the smoking be done on some desert—uninhabited by man or beast. For surely no living thing should be suffered to inhale the filthy smoke.

WARNING FOR APOTHECARIES.—“A young lady in South Trenton, N. J., a few evenings since, experienced a narrow escape from death by having administered to her a spoonful of creosote,” says the State Gazette, “which was sent from an apothecary’s shop in a vial, very improperly labeled asafetida. The mistake was not discovered until the fatal poison was entirely swallowed, and the most agonizing pains ensued, heightened by keen and sudden apprehensions of the worst of consequences.”—*Newark Daily Advertiser*.

DR. C. K. BROADBENT has established a Water-Cure House in Providence, R. I., which, we believe, is the only one in the State. What his prospects for success may be we cannot tell. The proprietor is a persevering, industrious man, and if he combines other requisite qualities, this house may become a general resort for the afflicted.

A NEW ARTICLE OF DIET.—A short time since, a person in the western part of this county found buried in the sand a nest of eggs. Supposing them to be turtles’ eggs, and being passionately fond of that article, he carried them home, had them properly cooked, and commenced his luscious repast. After eating fourteen, “unsight and unseen,” curiosity prompted him to examine the “critters,” when, upon opening one of those left, he found an *infant blue racer*, beautifully coiled therein. Reader, place yourself in his condition; and then you may know his feelings.—*Oakland Gaz.*

REVIEWS.

BRAITHWAITE’S RETROSPECT OF PRACTICAL MEDICINE AND SURGERY, Part the Twentieth, published half yearly by Daniel Adee, New York. Terms \$1.50 in advance, or 75 cents per number.

This old and well-established work continues to shed all the light on the “regular” system which the entire fraternity of medical doctors generate from year to year. Let it not be supposed that the “regulars” are not an inventive class, for besides numberless extremely foolish things, (Cod Liver Oil, for example) they do develop scientific facts and principles of great importance. This Retrospect is designed to represent all which is new or important relating to the Allopathic system of medicine.

THE PHYSIOLOGY OF DIGESTION CONSIDERED WITH RELATION TO THE PRINCIPLES OF DIETETICS. By ANDREW COMBE, M. D., Fellow of the Royal College of Physicians of Edinburgh. Tenth Edition, with Engraved Illustrations.

New-York: Republished by FOWLERS & WELLS, 131 Nassau street. Mailable; price 25 cents.

This is Dr. Combe's excellent work on DIGESTION, DIET, &c., which has been so extensively circulated all over the world. The following are some of the subjects treated:—"The Appetites of Hunger and Thirst, Mastication, Insalivation, and Deglutition, Organs of Digestion, the Gastric Juice, Theory and Laws of Digestion, Chylification, and the Organs concerned in it, Times of Eating, On the Proper Quantity of Food, of the Kinds of Food, Conditions to be observed Before and After Eating, on Drinks, on the Proper Regulation of the Bowels, and so forth." Illustrated with twelve Engravings.

In his Preface, the Author says,—

"The matters discussed in this work relate chiefly to the function of digestion and the principles of dietetics. It may, at first sight, be doubted whether I have not exceeded proper bounds in thus dedicating a whole volume to the consideration of a single subject; but the more we consider the real complication of the function of digestion,—the extensive influence which it exercises at every period of life over the whole of the bodily organization,—the degree to which its morbid derangements undermine health, happiness, and social usefulness, and especially the share which they have in the production of scrofulous and consumptive, as well as of nervous and mental affections—we shall become more and more convinced of the deep practical interest which attaches to a minute acquaintance with the laws by which it is regulated. In infancy, errors in diet, and derangement of the digestive organs, are admitted to be the principal causes of the striking mortality which occurs in that period of life. In youth and maturity, the same influence is recognized, not only in the numerous forms of disease directly traceable to that origin, but also in the universal practice of referring every obscure or anomalous disorder to derangement of the stomach or bowels. Hence, too, the interest which has always been felt by the public in the perusal of books on dietetics and indigestion; and hence the prevalent custom of using purgatives as remedies for every disorder, not unfrequently with injurious effects.

"Numerous and popular, however, as writings on dietetics have been, and excellent as are many of the precepts which have been handed down by them from the earliest ages, sanctioned by the warm approval of every successive generation, it is singular how very trifling their influence has been, and continues to be, in altering the habits of those to whom they are addressed. In a general way, we all acknowledge that diet is a powerful agent in modifying the animal economy; yet, from our conduct, it might justly be inferred, that we either regarded it as totally devoid of influence, or remained in utter ignorance of its

mode of operation, being left to the guidance of chance alone, or of notions picked up at random, often at variance with reason, and, it may be, in contradiction even with our own daily experience.

"The cause of this extraordinary anomaly—and it is of consequence to remark it—seems to be, not so much the absolute want of valuable information, as the faulty manner in which the subject is usually considered. In many of our best works, *the relation subsisting between the human body on the one hand, and the qualities of the alimentary substances on the other*, as the only solid principle on which their proper adaptation to each other can be based, is altogether lost sight of; so that, while the attention is carefully directed to the consideration of the abstract qualities of the different kinds of aliment, little or no regard is paid to the relation in which they stand to the individual constitution, as modified by age, sex, season, and circumstances, or to the observance of the fundamental laws of digestion."

This gives but a mere "bird's eye view" of the importance of the book, yet enough to inform our readers of its existence.

THE USES AND ABUSES OF AIR. By JOHN H. GRISCOM, M.D. Showing its Influence in Sustaining Life, and Producing Disease; with Remarks on the Ventilation of Houses, and the best Methods of Securing a Pure and Wholesome Atmosphere Inside of Dwellings, Churches, Court-rooms, Workshops, and buildings of all kinds.

New-York: J. S. Redfield, Publisher: for sale at the Water-Cure Journal Office, price 75 Cents.

We have here a 12mo. volume, of 252 pages, with numerous lithographic and other appropriate illustrations. Although the book is from the pen of a "Regular Old-School Doctor," we do not hesitate to pronounce it "a capital work." The author has left his pill-bags, blister-plasters, lancet, and other murderous weapons at home, and has written from his text, namely, THE USES AND ABUSES OF AIR.

Without a single exception, we regard this work as the most important that has been issued from the press for many months. Next to pure water, pure air is the most indispensable to health, and the author shows clearly how it may be obtained.

These views are in perfect harmony with those advocated by Hydropathic authors; yet Dr. Griscom is justly entitled to the credit of bringing out a more elaborate and complete treatise on this subject than any of his predecessors. That many of the most fatal diseases are caused by bad air, is incontestably proved; shall we not, then, look into this subject?

We hope every friend of hydropathy, every builder, every teacher, and, in short, every inhabitant of our own, and all other countries, will read this work.

ANNOUNCEMENT.—In press, Illustrated Botany, for all Classes, containing a Floral Dictionary, and a glossary of Scientific Terms. Illustrated with more than One Hundred Engravings. Price, 50 Cents; Fowlers & Wells, publishers.

VARIETIES.

ONE OF THE "REGULAR PROFESSION"

RECEIVING "REGULAR TREATMENT"



Unparalleled in the History of Medicine as the most remarkable External Application ever discovered, for

HORSES AND HUMAN FLESH!

TIME and experience have fully proved that this UNIVERSAL REMEDY has not its equal on the list of medicines, having been before the public for more than 14 years. Testimony of the most interested character of its wonderful effects on the animal economy is almost daily presented to the proprietor. It has been employed in a great variety of the maladies which

AFFLICT THE HUMAN RACE.

Ignorance of facts and philosophy, start at the assertion that any one remedy can possess within itself the virtue of curing many diseases. Experience of years has established the fact that it will cure most cases, and relieve all such as the following, among many others in the cure of which this Oil has been completely successful, and in which other pretended remedies had entirely failed:—

Rheumatism, Affections, Bites, Frost Bites, Corns, Whitlows, Scalds, Cramps, Strains, Caked Breasts, Contractions, Wounds Also, a host of Diseases in Horses and other Animals. Sweeney, Windgalls, Poll Evil, Callous, Cracked Heels, Galls of all kinds, Fistula, Stiffness, Sand Cracks, Scratches, or Farcy.

CAUTION TO PURCHASERS. A

Beware of COUNTERFEITS, and be sure the name of the Sole Proprietor is blown in the side of the bottle, or in his hand writing over the signature. Don't be persuaded to take anything else with the promise it is just as good. This is practiced by those unprincipled dealers whose conscience will stretch like India Rubber, and who are of a kindred spirit of those in our large cities, whose nefarious practices have so recently been exposed to the action of Congress.

All Orders addressed to the proprietor will be promptly responded to.

Get a pamphlet of the agent, and see what wonders are accomplished by the use of this medicine.

Sold by respectable dealers generally in the United States.

We copy the above from a newspaper. Our readers will be glad to be advised in regard to these new and wonderful remedies!

Who is the most unfortunate speculator mentioned in the Bible? Jonah, because he went a-whaling, and got regularly sucked in.

A SNAKE STORY.—We have heard and read some remarkable fish stories; have told some good anecdotes of dogs and reproduced others; have even had something to say, and our correspondents more, about snakes; but the following snake story, which we take from the editorial column of the New York Observer, outsnakes any snakish incident of which we have ever read.—*New York Commercial Advertiser.*

THE BLACK SNAKE.—A pious Indian, a deacon of the Church at Natick, was once while in the woods attacked by a very large number of black snakes. He found that it was in vain to attempt to make his escape by running from them, and he had no weapon of defence. He concluded to stand still, and let them take their course, concluding that it was the will of God that he should perish. They approached him on every side with their heads erect, brandishing their forked tongues. They began to wind themselves around his limbs and body, and one of them soon reached his neck, and moved its head about his mouth. He opened his jaws, which were furnished with a noble set of teeth. The snake thrust its head into the open mouth. The jaws were brought together, and the head was bitten off in an instant. The blood streaming down from the decapitated assailant seemed to terrify its companions, for they untwined themselves from the Indian's limbs and body and left him master of the field."

This same New York Observer don't believe in Hydropathy, but can almost swallow a black snake. We have heard of such a word as "Consistency," and another, "Truth," neither of which belong to the Observer.

"How do I look, Pompey?" said a dandy to his servant as he finished dressing.

"Elegant, massa; you look bold as a lion."

"Bold as a lion, Pompey? How do you know? You never saw a lion."

"O yes, massa, I seed one down to massa Jenks, in his stable."

"Down to Jenks, Pompey! Why, you great fool, Jenks hasn't got a lion, that's a Jackass."

"Can't help it, massa, you look just like him!"

A RAGGED, red faced, forlorn-looking Irish woman accosted us with, "Plaise, sure, for the love of heaven, give me a fip to buy bread wid. I am a poor lone woman, and have two young twins to support."

"Why, my good woman," we replied, "you seem too old to have twins of your own."

"They are not mine, sur, I am only raising 'em."

"How old are your twins?"

"One of 'em is seven weeks ould, and t'other is eight months ould, plaise God!"

REASONABLE.—A drunken fellow stumbled into the river at the foot of Vesey street the other day, and when hauled out he was in a towering passion with the authorities. "Vy don't they," said he, "put chains around all the docks, so that ven a feller falls in, as he vill do sometimes, he could ketch hold o' something?"—*N. Y. Globe.*

AN exchange tells a story of a negro boy who fell into a hoghead of molasses, and wonders if they licked him, when they took him out.

CORNS may be removed by simply walking away with them. To make the cure permanent, don't come back yourself.

DEATH.—Take away but the pomps of death, the disguise and solemn bug-bears, and the actings by candlelight, and proper and fantastic ceremonies, the minstrels and the noise-makers, the women and the weepers, the swooning and the shriekings, the nurses and the physicians, the dark room and the ministers, the kindred and the watches, and then to die is easy, ready, and quitted from its troublesome circumstances. It is the same harmless thing that a poor shepherd suffered yesterday, or a maid-servant to-day; and at the same time in which you die, in that very night a thousand creatures die with you, some men and many fools; and the wisdom of the first will not quit him, and the folly of the latter does not make him unable to die.—*Jeremy Taylor.*

NOTICES.

COMBINATION GIVES POWER, AND UNION GIVES STRENGTH.—It has been, and still is, the object of the publishers of this Journal to COMBINE and CONCENTRATE all the Hydropathic talent in this country in the WATER-CURE JOURNAL, and in order to do so, no efforts have been spared. Have we SUCCEEDED?

While other Journals devoted to the same cause, commenced in other sections of our country, have failed and been stopped for want of support, ours has been constantly increasing until it has become firmly rooted, and represents the entire, profession and Hydropathic interest in the United States, our present circulation being 18,000 copies.

Soon after this Journal was established, others sprung up, but to die a premature death. Now the question arises, what is the CAUSE of this failure? We think we can SOLVE the question.

PUBLICATIONS having only a LOCAL interest can never be sustained. The public will never tolerate a publication THE ONE MAIN purpose of which is to ADVERTISE A PARTICULAR "Water Cure Establishment." It must carry on its face evidence that it is designed for PUBLIC GOOD, and not merely for private gain; for every one will soon detect the cheat.

Nor, is this true of one class ONLY. It applies to other schools, and whoever attempts to trumpet themselves into not ceasing by starting ECLECTIC REPORTERS or self-puffing ORGANS, will be very sure to find it "a bad investment."

VOLUNTARY AGENTS.—We have many applications from young men for agencies, authorizing them to obtain subscribers for this Journal, some of whom come with good recommendations. To such we always send certificates. But the most desirable agents of all are self-constituted. They are those who do good for the sake of humanity rather than for money. There are, in almost every neighborhood, a few "choice spirits," who take it upon themselves to "form clubs" and induce their friends to become subscribers for this Journal, with no other motive than that of doing good. To such we acknowledge our obligations, and are always happy to record their names upon our list of CO-WORKERS and VOLUNTARY AGENTS.

It will be seen that we have two articles in this number relating to the same subject, namely:—"CHILD BIRTH," under the Water Treatment, by different contributors. The importance of the subject, however, would warrant us in devoting double the space now occupied, if necessary. We intend that this branch of our system shall be thoroughly represented.

POSTAGE.—It is seldom that we have occasion to call the attention of our friends to this matter. There are a few persons, however, who fail to pay the postage on their letters to us. This necessarily creates confusion, and as a general thing, their letters remain in the dead letter office. When sample numbers are wanted, or a change in the direction of the Journal desired, the postmaster will frank all such letters.

WATER-CURE JOURNAL.—We hail this "Herald of Reforms" for February, with delight. The number before us should be read by all who attempt to dabble in the practice of medicine. Number two of the "Confessions of an Allopathic Doctor" is the most glorious article we have ever read. We would like to copy it, but it would take too much of our space; however, those who may want to read it can get a copy of the publishers, FOWLERS & WELLS, No. 131 Nassau Street, New York. The price, per annum, is but one dollar.—*Hudson River Chronicle.*

POST OFFICE STAMPS may be obtained of all postmasters and remitted to the publishers in place of "specie," for books the price of which may be less than a dollar. A quarter of a dollar, however, may be enclosed in a letter and sent by mail without increasing the postage.

J. L. POOL has recently established a Book and Periodical Store in the Bank Building, Oswego, N. Y., where he will keep a general assortment of new publications, including those published at the office of the Water-Cure Journal.

WHAT has become of the Water-Cure Journal?—*Elyria Weekly Courier.*

Ask Uncle Samuel. It is mailed and directed to you regularly. We can account for its non-reception by you in no other way than this. The rare merits of the Journal may have excited the organ of appropriateness of somebody to an irresistible degree, which may have induced them to stop it before reaching its place of destination. We re-send it.

It seems to be the ambition of the publishers to remove the necessity of any other serial publication on the Water-Cure in this country, by supplying the VERY BEST that can be made, adapted to all sections, and every class of mind. It cannot be SURPASSED, if equaled, by any Health periodical.—*Excelsior.*

E. G. FULLER, of Halifax, Nova Scotia, is agent for all Hydropathic, Physiological, and other Reformatory publications. Give him a call.

IN PENN YAN, NEW YORK, our publications may be obtained of Messrs. COOK and MILLER, who will supply our friends at the publishers' prices.

TO CORRESPONDENTS.

TIC-DOULOUREUX, OR NEURALGIA.—Has the Tic-douloureux ever been successfully treated Hydropathically? If so, what would be the best practice? The case is this: A man of naturally good constitution, aged 69, afflicted more or less periodically for 20 years, for the last two years mostly confined to his room—frequent paroxysms of the most excruciating pain—life intolerable. The nerves have been twice separated, to no purpose. The most eminent ALLOPATHS in your city and state have exhausted their skill in the case, and all their prescriptions have, to appearance, made it worse. E. D. H.

ANSWER.—Many cases as severe, probably, as the above have been completely cured at the establishments. The full treatment is usually required, with a rigid diet. It is best generally to commence with tepid water, making it gradually

colder as the patient becomes accustomed to it. One or two wet packs a day, with constant use of local wet bandages, are necessary to ensure the best result. The food should be as nearly limited to bread and milk as possible.

ABLUTIONS.—Yes. Once a day is not too often. This keeps the system in a regular habit, and regularity itself is of much consequence. The stream is preferable, though either are sufficient for good health. Persons much subject to headache should wet the head first; otherwise, get into the water any way that is most convenient, only be sure and wet all over.

SCROFULA.—Mrs. D. wants a prescription for her husband, Steady, general, persevering treatment is necessary. The wet sheet pack daily, followed by a shallow or half bath, should be employed, if possible. The water should not be very cold, that is, not so cold but that a comfortable reaction easily succeeds each bath. Sitting baths, two, three, or four a day, are next in order. Let the diet be extremely simple—brown bread and milk, potatoes, apples, &c.

H. C. E. WESTFORD, CONN.—This patient should be managed at first with gentle rubbings over the body with a cold or cool wet cloth, wear the abdominal wet bandage constantly, and take one or two sitz baths daily, as cold as she can comfortably bear. After she recovers a little, a daily pack should be added. Avoid animal food entirely.

E. D.—We would cheerfully give you the information relative to the estates of Franklin, and others, for which you inquire, if we had the data.

DR. H. W.—Manakins, four feet high, may be obtained in New York for \$250; six feet, or the largest size, for \$1,000. Orders will be received by the publishers of the Water-Cure Journal. Terms cash. Remittances should be made in checks or drafts on New York, Boston, or Philadelphia.

M. A. H.—We are unable to give you the No. of Dr. Weder's residence at the present time. In November last he occupied house No. 3 Marshall street. So says Dr. Mundie. Nor are we aware of his removal.

BOOK NOTICES.

REPORT OF THE COMMISSIONER OF PATENTS, for the year 1849, by Thomas Ewbank, with an Introduction by Horace Greeley, New York. J. S. Redfield publisher, price 37½ cents, and may be had at the Journal Office. Periodical.

This 1st part is devoted to Arts and Manufactures, with the views of the Commissioner on the following important and interesting subjects:—Origin and progress of Invention. The Motors Chief Levers of Civilization. Proposed application of the Patent Fund. National Prizes, and on the Propulsion of Steamers, with numerous beautiful engraved illustrations. We look upon this, and similar efforts, as the greatest humanizers of the age. The advantages of inventions and mechanical arts cannot be computed. They are synonymous with civilization, human development, and perfection. Every working man in the nation should read this book, and we have no doubt it would awaken and excite to action the minds of even the most lazy drones by which society is afflicted.

VOICES FROM PRISON.—A selection of poetry written within the cell, by various prisoners, with biographical and critical notices. Charles Spear, editor. Third edition, revised by the author. Boston: published by the author. Price 50 cents. For sale by Fowlers & Wells, New York.

If portraying the deepest agony ever expressed by the human heart when under the most unutterable affliction, will have a tendency to soften those who rule, and incline them rather to pity than to punish, then the volume before us will be an efficient co-worker in the cause of humanity.

We would most sincerely pray that every man, woman, and child should become acquainted with the world of human anguish, described in this appeal. All should read it and become better Christians, by knowing how to sympathize with the poor criminals, and, if possible, improve their condition, and thereby make them better members of society.

CAPITAL PUNISHMENT, or the Death Penalty, by Charles Spear, price 62½ cents, for sale at the Journal office.

"I shall ask for the abolition of the penalty of death, until I have the infallibility of human judgment demonstrated to me. The punishment of death has always inspired me with feelings of horror, since the execrable use made of it during the former Revolution."—LAFAYETTE.

We find public sentiment somewhat divided on this subject, yet an evident change is rapidly taking place, and present indications are propitious of the ultimate abolition of the death penalty. Those who wish to examine the subject will find it well elucidated in the work under notice.

THE NORTHERN LANCET, and Gazette of Legal Medicine, published by Horace Nelson, M. D., Plattsburgh, N. Y. Terms \$1 a year, in advance.

"Every day brings something new," and the "newest" thing of all, is a physiologico—"Legal" Botanico, mineralogico-natural philosophico, journal of criticism, natural-historico journal of medical science, literature, and news!!

Well, really, if there is not a dollar's worth, then we are no judge; as much as these "regulars" hate us, we must admit that we rather like them, and are glad to see them put forth their juvenile efforts to throw "moonshine" on "Legal Medicine." "The People" have had almost enough of this kind of medical science, (!) yet not quite. Hence this new luminary will doubtless receive a liberal amount of "Cod Liver Oil" patronage. That we may fairly represent this new medical oracle, we copy from the first number of the Lancet an article on hemorrhoids:

"We must first attend to the functions of the liver and bowels, by giving small doses of mercury, and mild purgatives, such as the confection of black pepper, or give the following draught thrice a day: R. Comp. Decoction of aloes, one drachm and a half; extract of Sarsaparilla, half a drachm; compound decoction of Sarsaparilla, half ounce, mix; with an alternative pill two hours before dinner, to induce defecation at bed-time. If there is very great irritation excited by the piles, give one of the following pills, twice or thrice a day: R. Acetate of morphine, one sixth grain: ext. hyoscinus, one and one half grain; camphor, two grains; comp. ext. colocyath, two grains, mix."

For further information on the system advocated by this editor, we respectfully refer him to the **CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR**, published in the **WATER-CURE JOURNAL**.

A FEW THOUGHTS FOR A YOUNG MAN, (for all young men) by Horace Mann. New York: For sale by Fowlers & Wells. Mailable; price 25 cents.

A Gem—a full casket of Intellectual Diamonds, worth more than "fine gold." If it were in our power we would put a copy of this most valuable little book into the hands of every young man in the nation. A fund should be raised and a few millions of copies be printed and circulated on the plan of our Bible and Tract societies. The good that would grow out of its universal diffusion cannot be estimated. It contains more of the best advice, in the smallest compass, than we have ever before seen. Buy it, read it, remember it, and practice its teachings.

THE LITERARY UNION, published in Syracuse, N. Y., by Messrs. Winchell & Johannot, has changed its form, and instead of a weekly it is now published monthly, in a beautiful octavo form, and is furnished at \$2 a year. We hope it will meet with that liberal patronage to which its merits entitle it.

THE BOSTON MUSICAL GAZETTE comes to us in an improved form. The editors have had a considerable unpleasant experience in the printing department during the last year, but their establishment is now well organized, and excellent music may be expected. Terms \$1 a year. Address A. N. and J. C. Johnson, Boston, Mass.

We have received the first Nos. of *The Friend of Youth*, edited by Mrs. M. L. Bailey, of Washington, D. C.

It is really an attractive companion, admirably adapted to the purposes of entertainment and instruction while it inculcates a love for the good, beautiful, and true.

Our "Parley's Magazines," our "Cabinets," and "Museums" have served to please the fancy, awaken the intellect, and instruct in natural science. The "Friend" goes farther—stimulating to a hatred of wrong, injustice, and oppression—and a sympathy with the suffering of all classes, colors, and conditions. May it be welcomed to every fireside, and accomplish the mission it bids fair to perform.



In addition to our regular list of books, which may be found on another page, we have for sale at the Journal office the following, at the prices affixed.

A FEW THOUGHTS FOR YOUNG MEN—By Hon. Horace Mann. A capital work. Price 25 cents.

BEECHER'S LECTURES TO YOUNG MEN—On various important subjects, by Henry Ward Beecher. Price 75 cents.

SWEDENBORG—His Biography, by J. J. Wilkinson. Price 62½ cents.

THE COMPLETE PHONOGRAPHIC CLASS-BOOK AND READER. Price 62½ cents.

THE PHONOGRAPHIC REPORTER'S FIRST BOOK—A good work for beginners. Price \$1.00.

A VOICE TO YOUTH—Addressed to young men and young ladies, by Rev. J. M. Austin. 50 cents.

ILLUSTRATIONS OF THE LAW OF KINDNESS—By Rev. G. W. Montgomery. 40 cents.

VOICES FROM PRISON—A selection of poetry written in the cell by various prisoners, by Charles Spear. 50 cents.

CAPITAL PUNISHMENT—Or the Death Penalty, showing its bad effects. Same author. 62½ cents.

A TREATISE ON DEATH AND AGAINST THE DEATH PENALTY—By A. Van Wyck. 10 cents.

VIEWS OF DISTINGUISHED PHRENOLOGISTS ON RELIGION—By Rev. Lucius Holmes. 25 cents.

TEA AND COFFEE—Their physical, intellectual, and moral effects on the human system, by Dr. W. A. Alcott. 15 cents.

THE COMPLETE GARDENER AND FLORIST. 25 cents.

PHYSIOGNOMY, OUTLINES OF A NEW SYSTEM—By Dr. J. W. Redfield. 25 cents.

THE USES AND ABUSES OF AIR—with illustrations. A good book. 75 cents.

THE PHILOSOPHY OF SPECIAL PROVIDENCES—A vision by A. J. Davis. 15 cents.

NATURE'S DIVINE REVELATIONS—A Voice to Mankind. Same author. \$2.00.

A CHART exhibiting an outline of the Progressive History and Approaching Destiny of the Race. Same author. \$2.00.

A MANUAL OF MAGNETISM—Including Galvanism, Electro magnetism, &c. &c., with 180 illustrations. \$1.25.

THE SCIENCE OF HUMAN LIFE—By Sylvester Graham, in two large 12mo. volumes. \$3.00.

LECTURES TO YOUNG MEN ON CHASTITY. Same author. 50 cents.

THE PHILOSOPHY OF GENERATION—Its abuses, &c., by John B. Newman, M. D. 37½ cents.

LETTER TO LADIES IN FAVOR OF FEMALE PHYSICIANS—By Samuel Gregory. 12½ cents.

LICENTIOUSNESS AND ITS EFFECTS UPON BODILY AND MENTAL HEALTH—By a physician. 12½ cents.

FACTS AND IMPORTANT INFORMATION FOR YOUNG MEN—On the subject of Masturbation, &c. 12½ cents.

FACTS AND IMPORTANT INFORMATION FOR YOUNG WOMEN—On the same subject. 12½ cents.

FACTS IN HYDROPATHY—A collection of cases. 12½ cts.

WATER CURE FOR DEBILITATED YOUNG MEN—Translated from the German. 25 cents.

It will be understood by our agents that our discount on the above will be liberal, yet not the same as on our own publications.

To obtain either or all of these works by return of the FIRST MAIL, enclose the amount in a letter, and direct the same, POST PAID, to

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THE WATER-CURE JOURNAL.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 4.

Foundation of Medicine—Medical Practice Derived from Brutes—American Practice—Medical Knowledge among Savage Nations of the Old World—Application of Remedies—Priests the First Doctors—Negro Medicine—Greeks and Amulets—Turkish Talismans—Priest Physicians of Guiana—Practice of the Peri—Medicine in the Pacific Islands—Tyler's Observations—Distrust of Oracles—Superior Opportunities of Priests—Curative Visions—Pagan Worship among Christians—Egyptian Records of Cures—Source of Grecian Knowledge—Account of Chiron the Centaur—Pupils of Chiron—Esculapius and his Sons—Account of Hippocrates.

FOUNDATION OF MEDICINE.—Whatever those circumstances may have been, says a writer, that by their peculiar agency served to lay the first foundation of PRACTICAL MEDICINE in the world, it were now, perhaps, amidst the obscurity of distant ages, vain to inquire. Whatever they were, however—whether experiments blindly undertaken, under the anguish and pressure of disease, discoveries afforded by accident, or, as some have alleged, observations made by men on the instincts of inferior animals, no fact in the history of human knowledge seems better attested than that a proficiency in the arts of practical physic, far beyond the humble scope of their other attainments, forms a curious, and generally an unfailing trait, in the character of savages.

MEDICAL PRACTICE DERIVED FROM BRUTES.—The dog, when sick, is often observed to eat a quantity of prickly grass, an expedient which seldom fails to answer all the purposes of an emetic. The apes of Abyssinia are reported to have, by trials on themselves, first exhibited to man the laxative quality of the cassia fistula. It is said that the Pylli, a tribe inhabiting a district infested with venomous serpents, gained the art of protecting themselves from their poisonous bites by observing the lower animals resort, when bitten, to a particular herb, in whose virtues they discovered not only a perfect cure, when bitten, but also by an habitual use of it a certain preventive. Bruce tells us that the Arabs of Lennad chew a root, and wash themselves with its infusion, and can thus handle and allow themselves to be bitten, without danger, by either scorpion or viper. Don Pedro Vargas, a native of Santa Fe, tells us, in his Memoir, drawn up in 1791, that, by drinking a small portion of the juice of the Guaco-withy, and inoculating himself with it in various parts of the body, both himself and servants would venture into the open fields, and fearlessly seize hold of the largest and most

venomous serpents; they rarely biting, and even when they did, the wound being of no consequence. It was discovered by the Indians from having seen the serpent-hawk usually suck it before attacking poisonous serpents, and then battling them without injury.

AMERICAN PRACTICE.—It is considered that, debarred as they were from the improvements of foreign intercourse, by immense seas and continents interposed betwixt them and more civilized states, the Americans might be considered as affording a spectacle of what the human mind is capable of attaining, when left to its own efforts, in the natural progress of men from rudeness to refinement. The first navigators to the shores of the New World describe the state of its medicine in terms of respect and admiration, and assert, in one voice, that not only had the aboriginal inhabitants rendered themselves acquainted with a copious store of powerful simples, but had even acquired the more difficult art of applying them with skill and precision to the removal of numerous and formidable maladies. But perhaps the best proof afforded by the value of their remedies is the adoption of them by European doctors. For some of the choicest treasures of the *Materia Medica*, it is well known that the natives of the Old World are entirely indebted to those of the New, and the more obstinate diseases of civilized Europe have frequently yielded to the powerful simples originally culled by savage hands, amidst the wilds and forests of America. History tells us of the recovery of Cortes by the skill of the Mexican physicians, after his own had failed, and also that of the Spanish captain, Gonsalvo Ferrand.

MEDICAL KNOWLEDGE AMONG SAVAGE NATIONS OF THE OLD WORLD.—Various nations of the Old World have discovered a knowledge of medicinal herbs no less remarkable than those of the New. Most of the nations of the African coast deserve this praise. One of the native remedies of Kroo is the astringent and sweetish bark of the *Rondeletia Africana*, employed among the Negroes for dysentery, and was found by Dr. Wittan to be extremely serviceable in diarrhoeas, dysentery, ague, common fever, and sore throat. The Madagascarees have also an ample list of medicine. The information possessed by the rude Asiatic communities has often astonished their more polished visitants. Marsden tells us that the Sumatrans have a degree of knowledge in Botany that surprises a European. They are in general, and at a very early age, acquainted not only with the names, but the qualities and properties of every shrub and herb amongst the exuberant

variety with which their islands are clothed. They distinguish the sexes of many plants and trees, and divide several of the genera into as many species as our professors. They have even named twelve varieties of fern.

APPLICATION OF REMEDIES.—The knowledge of the proper application of these herbs was also, according to Marsden, possessed in a high degree. Fevers, he adds, are treated among them with the hot bath; and if that fail, after three or four trials, with the cold affusion. Local pains and swellings they dissipate after a manner common to many rude nations; long-continued swellings by the application of watery steam to the naked body, covered up with many clothes; or, by sitting in the sun at noon, wrapped up in a mat.

PRIESTS THE FIRST DOCTORS.—The first practitioners of the healing art, in all cases, have been the priests, whose treatment was rude and barbarous; and until it has been taken out of their hands, medicine has never made any progress. Savages look upon disease as a dispensation from an offended God, and in accordance with this idea, the priest is called in to propitiate their deity by charms and incantations. From this, it can be perceived, that when a tribe has a medicine-man, whose office it is solely to administer to the sick, that tribe is advancing in civilization.

NEGRO MEDICINE.—Dr. Winterbottom tells us, in his account of Sierra Leone, that when a person of consequence happens to be taken sick, he is immediately conveyed from his own residence to another town at some distance, to be farther from the effects of the witchcraft which is supposed to have been practiced upon him. If he does not soon recover in his new situation, a hut is built in the deepest recesses of some impenetrable forest, whither he is carried, the place of his retreat being known only to his confidential friends. The late king of Narmbana, in his last illness, was removed to a small island a few miles distant from his village. A semicircular piece of ground was cleared from the underwood, only the larger trees being left standing, and the only avenue to it was defended by the most potent gree-grees that could be procured. A small hut about eight or ten feet square, and about six feet high, was formed of stakes driven into the ground, the sides and roof being composed of grass and flags, neatly woven like a basket, but not so close as to prevent the access of light. In the midst was left standing the stem of a young tree, lopped about five feet from the ground, and upon the top of which was placed a gree-gree. The old king was laid upon mats spread upon the ground, surrounded by his own family. On one side stood the physician, (priest) who had in his hand a gree-gree of a very uncouth form, about four feet long and ornamented with bells and pieces of iron, which he occasionally jingled with much self-complacency, making a most distracting noise. A blister was applied to the patient, and medicines administered by Dr. Winterbottom; but he tells us that despite of his endeavors, and the gree-gree of

the attendant physician, the king died soon after, much and deservedly lamented.

GREE-GREES AND AMULETS.—What are called gree-grees in the above narrative, it may be remarked, are a species of talisman, or idol, universally in use among the whole Negro nations for all purposes of a divinity. They are found to be composed indifferently of any material whatever, as pieces of bone, cloth, wood or stones, according to the fancy of the priest, who then consecrates it. The priests sell them in great numbers to the people, particularly the military, pretending that they can be so fashioned as to defend any part of the purchaser against the danger of wounds, casualties, and disease. Another name for the same class of objects is *Petish*, derived from a Portuguese word, meaning witch. In the West Indies they are known under the name of *Obi*. Many of the Obi men employ the most powerful remedies in their practice, using the obi merely to insure success.

TURKISH TALISMAN.—This belief in the power of the gree-grees is not confined to the Pagan Negroes, for the Mahometans bestow equal faith on certain texts of the Koran when worn about the person. Nor are some of our own countrymen exempt from the same superstition at the present time, for fortune-telling and exorcising disease is even at the present day a thriving business. Lord Bacon says that if a man wear a bone ring or planet seal, strongly believing that by that means he might obtain his mistress, or that it would preserve him unhurt at sea or in battle, it would probably make him more active and less timid; as the audacity they would inspire would conquer and bind weaker minds in the execution of a perilous duty.

PRIEST PHYSICIANS OF GUIANA.—Bancroft gives an amusing account of the peii or priest physicians of Guiana. Of their cures, the principal instrument is a large calabash freed from the seeds, and internal spongy substance in which there is a variety of small circular holes made in different parts of the shell, which is likewise painted in various colors. Within the shell are put several small white stones, which are a species of agates, and on this account are held in superstitious veneration by the laity among the Indians, who durst not even touch them. To these are added a great number of small pen-like seeds variegated with small black and yellow spots, which, as is commonly believed by the Indians, will occasion the teeth to fall out if chewed. A long round piece of wood is then run through the middle of the shells from end to end by means of two holes properly made, so that each end of the stick extends about a foot beyond the calabash. The largest end affords a handle, and the other is ornamented with a string of beautiful feathers of various colors, wound on the stick in spiral circles.

PRACTICE OF THE PEII.—With this magic shell the Peii begins his nocturnal exorcism about ten o'clock in the evening, having first darkened

the room and made every one quit it except his patient. He then rattles his shell by turning it slowly in a circular direction, at the same time singing a supplication to the Yowahoo, which, as well as the motion of the shell, is repeated until midnight, when the Peii pretends to have an interview with the Yowahoo, and at the same time two apparently distinct voices may be always overheard by any person who has the curiosity to listen, unless it happens to rain at the time, when the Peii immediately postpones his incantation to the next evening. What passes at these interviews is unintelligible even to the Indian laity themselves; but the Peii makes a report conformable to his conjectures concerning the event of his patient's disorder, though usually in a doubtful style.

MEDICINE IN THE PACIFIC ISLANDS.—So low are the Pacific Islanders in the scale of civilization that the only physic is found in the hands of the priests, who seem to have little idea of the value of any kind of simples, relying mostly upon intercession with the gods to cure their patients.

TYTLER'S OBSERVATIONS.—Tytler remarks that all savage nations have a pharmacy of their own equal, in general, to their wants. Luxury creating new diseases, requires a profounder knowledge of medicine and of the animal economy. Savages are often eminently skillful in the knowledge of the virtues of plants in the cure of diseases, and are very dexterous in the treatment of wounds. But without the knowledge of the internal structure of the body, medicine can hardly deserve the name of a science.

DISTRUST OF ORACLES.—It has been well said, that the Pagan priests dared not altogether, in their treatment of disease, trust to the inspiration of their deities. Obligated by their sacred function not only to foretell the issue, but also to prescribe a cure for distempers, a powerful motive would arise for rendering themselves acquainted in the most complete manner possible with all the physic of the age.

SUPERIOR OPPORTUNITIES OF PRIESTS.—For this purpose, facilities awaited the priesthood not easily accessible to other men. The temple of the gods over whose service they presided were the perpetual resort of the sick; in the multitude of cases that presented themselves, observation, stimulated by interest, might readily acquire no mean information regarding the modes of terminating, and principal symptoms incident to, a variety of diseases; and the necessity incumbent on the sacerdotal office of dictating medical responses from the holy shrine, might in time lead to such a knowledge of the powers of medicine, as was sufficient for the cure and alleviation of many of those maladies they were in the daily habit of contemplating.

CURATIVE VISIONS.—It was customary for patients to repose during the night in many of the Pagan temples, in order that they might be at hand to receive the medical admonitions of the divinity. This practice is found to have prevail-

ed at the fanes of Esculapius, Isis, Serapis, Bacchus, Pluto, and Proserpine. The prescription was usually communicated during a dream or vision; and so popular had this method become, that it continued long after physic had grown up into a separate profession. Aristophanes, ridiculing it, says, that it was customary for the priests to dress themselves in the habiliments of their deity, and deliver in his person such medical directions as seemed necessary for their patients. The sick, on the other hand, though they perceived the cheat, said nothing, and if not asleep, pretended to be so. In severe cases resort was had to superior deities, and for a while Apollo was celebrated above the other Greek divinities.

PAGAN WORSHIP AMONG CHRISTIANS.—St. Gregory, bishop of Tours, speaking of the efficacy of pilgrimages to the tombs of the saints, says that any person, filled with faith, coming near their tombs and praying, will be speedily cured of whatever illness may befall them. Some, he adds, affirm that the saints appear to them in the night, while sleeping by their tombs, and in their dreams reveal the proper remedies. Fabricius states that he saw in Pndua country people who were going to the church of St. Anthony for the purpose of obtaining salutary visions during their sleep. He tells us that these doings exactly resemble the old pagan worship. That, in truth, in his day, the churches of saints were resorted to to receive the same kind of revelations for curing disease.

EGYPTIAN RECORDS OF CURES.—In the Egyptian temples, an account of each vision was engraved on the walls of the temple, to instruct those who wished in practical medicine. We will quote one:—A blind soldier, named Valurins, after consulting the god, received for answer, Go into the temple, mix the blood of a white fowl with honey, and wash your eyes with it during three days. He recovered his sight, and thanked the god before the people.

SOURCE OF GRECIAN KNOWLEDGE.—The medical knowledge known to the Greeks was obtained from Egypt. The distinguished Orpheus, who added so much to the stores of mankind in medicine, was at one time a pupil of the priests of Egypt, who had four great schools of philosophy, of which Memphis, where he studied, was one. Pythagoras studied at Thebes; Plato at Heliopolis, the Orr of Scripture; and at the fourth, Sais, Solon resided. Apollo, and his son Esculapius, were the principal medical gods of the Greeks.

ACCOUNT OF CHIRON THE CENTAUR.—Chiron is reckoned the great father of medicine in Greece, an honor to which he may justly lay claim, as even Esculapius himself was his pupil. This illustrious chieftain is known in history as the Centaur, so named because he was by the poets fabled to have been half horse, half man, a fiction probably arising from an opinion current in antiquity, that his countrymen, the Thessalians, were the first inhabitants of Europe who reclaim-

ed the horse from his wild state, and tamed him for the use of man. Chiron, discovered the virtues of the greater and lesser Centaury, which derives its name from him.

PUPILS OF CHIRON—ESCAPAPIUS AND HIS SONS.—Of the pupils of Chiron, the first in medical reputation was Esculapius. He, like his master, was a prince of Thessaly, and one of the heroes who embarked in the expedition of the Argonauts, as his two sons, Podalerius and Machaon, engaged afterward in the cause of Greece against Troy. He extended medicine far beyond the bounds of Chiron, and was not only deeply conversant in the surgery of his age, the knowledge of external medicaments, and the art of incisions, but is represented to have pushed his researches into a more difficult department of healing, the discovery of the causes of disease, a branch of the profession little cultivated among the other rude and warlike chieftains of Greece. In after times his medical fame far eclipsed that of all other heroes of the heroic ages. He was early invested by the people with divine attributes, though the precise era of his apotheosis is unknown, and no other god of antiquity could compare with him in eminence. The adoration of the divinity of Coe (the place of his residence) is observed to have flourished during a long succession of ages, and to have continued with unabated splendor till the final overthrow of the Greek and Roman Polytheism, at that memorable era when the empire of the East exchanged, at the command of Constantine, the old gods of paganism for the new saints of a spurious Christianity.

ACCOUNT OF HIPPOCRATES.—After the death of Esculapius, his sons, to whom he had communicated his knowledge, succeeded him in expounding and practicing medicine, and after them it still continued in the family, who finally established medical schools. The twelfth in descent from Esculapius was Hippocrates, the greatest probably of the whole race of doctors, before and since. He elevated medicine into the rank of a science by generalizing the facts and information that had accumulated up to his time. His writings are even now studied with profit and interest. It is probable that he took advantage of the **SIX SACRED BOOKS OF TOR**, by which the Egyptian practitioner was obliged to regulate his conduct. Provided these were followed, no blame was incurred, even if the patient died; but if departed from in the least, and the case ended fatally, the doctor's own life was the forfeit. Aristotle mentions a law of Egypt, which says that no physician should purge or move the bowels before the fourth day, unless he chose to do so at his own risk.

NINETY thousand patients are annually received into the hospitals in Paris. Fourteen thousand old and infirm are supported in the infirmaries. Five thousand foundlings are taken care of in the public institutions, and twenty-three thousand are sent out to nurse. Thirty thousand indigent families also receive assistance.

A POSITION DEFINED,

OR REASONS FOR BECOMING A WATER-CURE PHYSICIAN.

BY THOMAS L. NICHOLS, M.D.

MORE than fifteen years ago I studied Medicine, and attended my first course of lectures at the Medical Department of Dartmouth College, when its Faculty boasted a MUZZY and an OLIVER. As pupil and assistant of one of the most able and successful Allopathic physicians I ever knew, (I refer to Dr. M. R. WOODBURY, now of Sanbornton, N. H.,) I saw something better than the common routine of regular practice; but, interested as I was in many departments of medical science, medical practice had no charms for me. It was a dark and devious way, in which I saw but a few gleams of light, and in which the wisest men I knew seemed to blunder upon their successes, and could seldom give a reason for their conclusions. From the observation of the past fifteen years, during which time I have naturally taken an interest in subjects connected with my early studies, I became more and more convinced that Allopathic Medicine is unphilosophical in its principles, and terribly disastrous in its practice.

It was only when I became acquainted, first by reading, and during the two past years, by observation and practice, with the **WATER-CURE**, that my early chosen profession took on new charms, and I resolved to complete the course of study I so long ago commenced under happy auspices. I selected for my teachers in Medicine and Surgery the learned and illustrious Professors of the Medical Department of the University of New York; and, after attending nearly five hundred lectures and clinics, I see no reason to repent my choice. I know of no more thorough and earnest teacher of Anatomy than the venerable GRANVILLE SHARPE PATTISON, who has been for forty years a professor of his favorite science in both hemispheres, and whose vigor and enthusiasm seem to increase with his declining years. VALENTINE MOTT is doubtless the first of living operative surgeons, and the same faculties of mind which make him an adroit and successful operator, also render his teachings too clear and interesting ever to be forgotten. It is impossible not to respect the laborious research and erudition of MARTYN PAYNE, Professor of the Institutes of Medicine and Materia Medica. The chair of Chemistry is filled by Professor JOHN W. DRAPER, who, in the department of organic Chemistry, has probably no superior in the world. The very important chair of Obstetrics is filled with great credit by Dr. G. S. BEDFORD, a thorough and pains-taking teacher, and a general favorite with the students, and whose views on many subjects are much in advance of the text-books of Midwifery. I have reserved the Professor of Theory and Practice, Dr. SAMUEL H. DICKSON, to be mentioned last, that I may the more fully express my sense of his learning, his philosophical spirit, his liberality, and the tone of sincere honesty and genuine chivalry of

feeling, which render him an honor to the profession and to the University. Nor can I, without ingratitude, pass over unnoticed the admirable demonstrator of Anatomy, Dr. DARLING, whose teachings in the dissecting-room, and daily careful and unwearied examinations in Anatomy and Surgery, contribute so much to the progress of the student, and the credit of their final examinations; and these examinations, let me say, though of necessity brief, were, in my case at least, and I presume in all cases, searching, thorough, and practical. Thus much, at present, for my Alma Mater.

Having completed my course of studies, according to law, I received at the late commencement, from the honorable Chancellor of the University, that parchment scroll, bearing the broad seal and signatures of "Cancellarius, Concilium et Professores," which confers upon me all the rights, honors, and privileges appertaining to the degree of Doctor of Medicine, and then and there I solemnly took upon myself the duties and responsibilities of that sacred trust.

I am not of those who undervalue the science taught in Universities. I regret that it is insufficient; but such as it is, I receive it gladly. Its very errors aid my perception of the truth; and the right way never seems so precious as when we contrast it with the wrong. I do not say a man may not be a successful practitioner of hydropathy without having taken his degree of Doctor of Medicine; but I do aver that the more one knows of the anatomy and pathology of the human system; the more he knows even of Allopathic therapeutics, the better qualified he must be to treat disease upon the principles of true science.

And now the purport of this article may begin to be apparent. It has seemed necessary for me, not to make an apology for the course I am taking, but to explain why, being a thorough convert to Hydropathy, I should take my diploma from an Allopathic University; or why, having graduated as a regular physician, I should adopt the practice of Hydropathy. I will endeavor to explain both these seeming inconsistencies.

Hydropathy, or the Water-Cure, means more than giving sick people baths. Names are not things, and both of these names are very deficient in meaning. The agents of Hydropathy are all the elements of nature, which bear a vital relation to the human constitution; they are those most intimately connected with all the phenomena of life. The elements of life are air, water, food, heat, cold, electricity, and others less understood. Anatomy, physiology, and pathology teach us the structure of the human system, the nature of its healthy processes, and the diseases to which it is liable. Chemistry opens to us the vast domain of nature, and makes us acquainted with the elements in which we "live, and move, and have our being." When all these are understood, a true philosophy teaches us how to apply these principles to the two grand objects of medical science, the preservation of health, and the cure of disease; and it is this philosophy,

in its broadest sense and its widest application, which has received the designation of Hydropathy, or the Water-Cure.

And I, with an entire belief in, and some theoretical knowledge of, and experience in Water-Cure, have graduated at the University of New York, simply because the science in which I desired to perfect myself could be nowhere so well acquired as at that and similar institutions. We may have, at some future time, a Hydropathic College, but I am by no means satisfied that, even in that case, an Allopathic course would not be desirable, for no day passed, in my attendance of the late course of lectures, in which I did not gather useful hints in Water-Cure, from the very errors and absurdities of the drug treatment. The most scientific and eclectic treatment of disease, as given by Professor Dickson, threw a flood of light upon the superior methods of Hydropathy. The dry lectures on *Materia Medica*, in which were described the properties of all the poisons of the three kingdoms of nature, were full of interest and instruction to one who had learned that every good effect they were ever hoped to produce, could be brought about promptly, safely, and effectually by the agents and processes of Water-Cure. I hold, therefore, that a thorough hydropathic education must include a full course of Medicine and Surgery, and a knowledge of the principles and results of all other systems. As long as we are obliged to grapple with errors, we must understand what we combat. To denounce Allopathy without understanding it, would be too closely copying those who cry "quackery" upon Hydropathy. Hydropathists are reformers, and it seems highly necessary that they should have a thorough understanding of the abuses they seek to reform.

It will be seen that my first explanation involves much of the second. Being a Hydropathist, I have studied Allopathy, because both systems of practice recognize the same fundamental sciences—studying Allopathy, I practice Hydropathy, because I find it of immeasurable superiority. I find no new anatomy, no new physiology, no principles of pathology which have not been recognized by the most learned philosophers, no diseases which have not been minutely and carefully described by Allopathic writers. Thus far we go in company, and it is only at the bed-side of the sick, and after our diagnosis is made, that we are forced to part. Here the Allopathist, finding symptoms of a disordered circulation, takes out his lancet and proceeds to bleed the patient; an operation never needful, always hurtful, and often fatal. The hydropathist restores the equilibrium of the circulation by agencies more rapid and effectual than the lancet, leaving the patient all his vitality to combat disease.

The Allopathist finds a system filled with the poison of scrofula, and he proceeds to add the equally potent poisons of calomel, or corrosive sublimate, or arsenic, in the vague hope that somehow one poison will expel the other, and then get out itself. In such a case, the scientific hy-

dropathist calls into aid the elements of health; he brings the depurative organs into action, and washes the diseasing matter from the system. Every drug,—every potent article in the *Materia Medica* of Allopathy, is a poison, and as such, in large or small dose, exerts a diseasing influence upon the system. Of this there is no question—it is on all hands admitted—and the whole practice of Allopathy is confessedly a choice between evils. It professes to cure a greater evil by producing a less, but in practice, too often, this rule is reversed, or one evil is added to another.

In Hydropathy, on the other hand, there is no tampering with evils. They are all rejected, and only beneficent agencies are invoked. We neither bleed, nor madden, nor stupefy, nor intoxicate—in a word, we do not *poison*. We cleanse, purify, and strengthen. We restore the vital functions to their natural harmony and their highest vigor.

In Allopathic practice, when one medicine is given to act upon a disease, another is given to counteract the effect of the first, and so on, until the patient, feeble and exhausted from the actions and reactions of a whole series of poisons, is left at last, with just the breath of life remaining, to get well by the action of what vital power bleedings and medication have spared him.

In Hydropathy, the healing processes of nature are aided from the beginning, and the recovery is proportionably rapid.

But I need not prolong this comparison. I have adopted Hydropathy, and I reject Allopathy, because that after a study, observation, and experience of both systems, I am bound in conscience to prefer the best; nor can I make any hotch-potch of so-called Eclecticism. The only Eclecticism an honest man can practice is to choose the good and reject the bad. Some drugs are worse than others, but they are all bad, and I reject them all, as not only useless, but always and of necessity injurious, and only to be used where better agents cannot be obtained, and where one is under the necessity of making a choice of evils—the very foundation of allopathic practice. Some agents and processes in Water-Cure are more effectual than others, but they are all good, as indicated, and I adopt them as the best that science has given us. In this matter I can make no compromises. I cheerfully admit that Homœopathy is an advance upon Allopathy. It is better to take a poison in infinitesimal doses, than in allopathic quantities. Undoubtedly, I would sooner take or give the billionth of a grain of calomel or arsenic than ten grains of one, or the sixteenth of a grain of the other—but I see no reason why I should prescribe either.

I adopt Hydropathy fully, on the highest principle of Medical Ethics, that first of all, I should do my patient no harm; and secondly, that I should do him all the good in my power. Now Allopathy does harm continually and always. Good may come out of it, or come in spite of it; but I am convinced that its general effect is to increase human suffering and shorten human life.

Homœopathy does little harm with its medicines, much good with its sympathy and regimen, and leaves nature a chance to do her work as she can. Neither of these could ever satisfy me; but in Hydropathy I find agents and influences at once potent and beneficent. Art here is the real hand-maid of nature, and the truly scientific practitioner of Water-Cure preserves health, and restores it with the use of those elements on which existence itself depends.

After the sincere tribute of respect and gratitude which I have felt constrained to pay to the professors under whose auspicious guidance I have completed the regular course of medical education, I may be permitted to say a word of those to whom I am indebted for my knowledge of Water-Cure. Almost my first knowledge of it was derived from the celebrated letter of Sir EDWARD LYTTON BULWER, the novelist, whose description of his own recovery from hopeless prostration, at the springs of Malvern, made a strong impression upon me. In my profession as editor, I read all that appeared in the papers on the subject with great interest, and I am also much indebted to the zeal and industry of Dr. SEW, who has been greatly instrumental in introducing a knowledge of Water-Cure into the United States. The works of JOHNSON, WILSON, ROUSS, and especially of GULLY, I have found full of instruction.

But it was not until my acquaintance with Mrs. MARY S. GOVE, and her writings, that I gave the subject of hydropathy any serious study. I found in her a thorough understanding of the principles and practice of the Water-Cure in its purest and highest sense. A thorough anatomist, a profound physiologist, and a woman of remarkable philosophic powers, she had penetrated more deeply the mysteries of life than any one I had ever seen, or whose works were familiar to me; and when our acquaintance and friendship grew into the more intimate relation of marriage, I saw in her daily practice the results of the science of health and life which she, more than all others, had unfolded to me, and in the application of which her clear judgment was aided by a remarkable intuition. It was impossible to see as I saw, day after day, and week after week, the most seemingly hopeless and incurable diseases—those which for years had defied every system of medicine, yielding and giving place to the animation and vigor of health, without wishing to understand how such miracles were accomplished. I applied myself to the study of the principles of Hydropathy, and in their light the science of medicine took on a new aspect. In observing, and, in some cases, assisting in, her daily practice, and in revising through the press her recently published "Experience in Water-Cure," I became fully acquainted with the remarkable results of her science and skill. I resolved to make the art of healing my future profession, and with that view, I completed my long intermitted studies—with that view I enter the ranks of Water-Cure.

With these explanations of the course I am taking, which may be due both to the medical

profession and the public, I have a few words to add, in regard to the professional course I have marked out for myself. The first object of every physician *should* be the prevention of disease, and the promotion of public health. We are not paid for this, indeed, and more shame and blame to society that we are not. If prevention is better than cure, it is better worth paying for. But this does not alter our moral obligations; and I shall steadily and earnestly labor for this object, as I have done in years past. It is my design to lecture and write on Public Health and the Water-Cure, and to "take the stump" in this basis of all reform movements.

The Water-Cure is yet to achieve some of its most brilliant triumphs in the field of surgery, and I wish to give special attention to that department, feeling sure that limbs and lives could every day be saved, were surgeons aware of the simple and effectual means of commanding inflammation and arresting morbid action, afforded by the Water-Cure.

In a great city, few, comparatively, can enjoy Water-Cure treatment in expensive establishments, but all may have it at home, under judicious direction, and I hope, ere long, that public and private charity will furnish Water-Cure hospitals in which the poor may be treated gratuitously, and at such moderate rates as to be within the reach of humble means.

With such views and hopes, I enlist in the cause of Water-Cure, in the earnest faith that the time is approaching, when general intelligence in regard to the laws of life will render our profession an institution of the Past.

CONSEQUENCES OF DRUGGING.

THE ADHESION OF INDURATED MUCUS TO THE WALLS OF THE ALIMENTARY CANAL.

FROM THE GERMAN OF RAUSSE, BY C. H. MEERER.

In behalf of the fact, that in many diseases mucus deposits itself on certain tracts of the folds of the alimentary canal, and there gradually hardens, the water-cure has afforded proofs, against which no unprejudiced and impartial person can entertain a doubt. It is possible that facts appertaining hereunto have been already confirmed by dissection, and noted in some works of the physicians. In the elaboration of this treatise, I had not time to subject all pathological and toxicological works relating thereto to a strict examination, and must, therefore, in the argument in question, restrict myself in this instance to practical results taken from the Water-Cure, and to physiological analogies.

The most material and palpable evidence that foreign matters may lie for a length of time adhering firmly to the folds of the stomach and intestines, was afforded me by the effect of the treatment in my own case. In earliest childhood I was dosed in a perfectly unheard-of manner day after day, for years together, with constipating medicines, and especially with laudanum. The consequence of this medicinal mal-treatment

was, as it exhibited itself in the Water-Cure, that all the medicaments, or indeed the greater part of all the medicaments taken by me, had deposited themselves upon the foldings of the stomach and bowels, in gradually-indurating mucus. In a vomiting crisis of unexampled length, I have, by vomiting and purging, again ejected all kinds of medicaments which I have ever taken, and in so doing have again tasted, in the most indubitable manner, medicaments of the most marked character. This circumstance is indeed such as occurs but rarely in the Water-Cure, still it is by no means an isolated case. In my establishment a year never passes in which at least some patients do not have vomiting crises, during which they have again plainly tasted medicines previously taken, and indeed medicines which they had in part taken many years before. I could substantiate these facts by the declarations of various patients, were it desired; I omit it only because similar phenomena have long since been experienced in other Water-Cure establishments. The physicians can object least of all to the evidence of the sensation of taste, because they, in their own science, in regard to medicines of marked smell or taste, have conceded to these two senses a power of discrimination valid before the forum of science. But still one other objection can be rightfully made by persons conversant with the matter, against the idea that the vomiting of medicinal substances, plainly perceptible to the taste, is proof that these stuffs have until then lain in the folds of the stomach, or in general, in the cavity of the stomach. For it is a fact long since determined, that many medicaments from other points of application besides the stomach produce purging and vomiting, and manifest excitant on the taste of the applied medicament. *Kaimier* caused an incision to be made in the upper part of his arm, penetrating to the muscles, and introduced thereto two grains of tartar emetic. In an hour and a half there ensued nausea, ill-feelings, and in two hours vomiting seven times in rapid succession. (*Horn's Archives of Medical Experience*, 1816, vol. 5, pages 924-89.) Croton oil rubbed in the abdomen produces purging, without exercising any local effect on that part of the intestines where it is applied. In the *Medico-Chirurgical Journal*, 34th volume, 1881, it is reported that American physicians applied rhubarb to the mutilated surface of an amputated leg, and that on the following day violent purging ensued, combined with a bitter and nauseous taste in the mouth. When the patient was given a little rhubarb to take into the mouth, he recognized immediately the taste as being the same which he had experienced after the said application to the stump of the leg.

After the decisions above mentioned, the vomiting of medicinal stuffs, which had been taken a length of time before, is still no proof that these stuffs had lain till then in the folds, and consequently in the cavity of the stomach. They may possibly have lain in any organ, and after their disengagement by the Water-Cure have been carried through the circulation in part into the

Stomach, and in contact with the nerves of taste. I am, however, able to adduce proofs which admit of no doubt as to the adhesion of *hardened mucus* in the cavity of the folds of the stomach, and, indeed, I borrow the first proof from my own above-cited Water-Cure, the further result of which I have now to relate. After I had in that vomiting crisis already ejected large quantities of mucus and substances of decidedly the taste of quinine, I felt one day in vomiting a hairy mass rise through the œsophagus into my mouth; at which time I recognized plainly the taste of ship's soup, smelling of rancid oil, which I had taken on a sea-voyage about three years previously. As is known, the ship's cooks are not very nice in the exercise of their art, and as I had to share with all my traveling companions a very mean fare, it frequently happened that we constrained ourselves forcibly to swallow the most disagreeable foods and soups. Particularly at that dinner, the taste of which I experienced again in my vomiting crisis, a black soup was served us, which I forced down as hastily as possible, at the same time remarking to my companions that it resembled the black soup of the Spartans. In swallowing this liquid, I felt that a hairy mass was swallowed with it, but was not able, however, to draw it out again. That day at sea had long since departed from out my memory, when in the vomiting crisis I ejected this hairy substance. I took it out of the basin and laid it in the oven of a heated stove, still supposing that it must be a mat of hair. When I examined the dried mass, I found it to be a small lump of *oakum* saturated in rancid linseed oil. For although the mat of oakum was quite dried out, still it emitted a penetrating smell of rancid linseed oil. I have carefully preserved this relic of my vomiting crisis; it is an absolutely undeceiving proof of the truth, that pernicious substances may fix themselves and lie for years in weak and ruined digestive organs. That these and all heterogeneous substances deposited in the body lose nothing of their chemical properties, and consequently also none of their peculiar odor, is evident from this, that they are enveloped in gradually-indurating mucus, and consequently that no solvent element can produce any effect upon them.

To this recorded fact of the ejected string of oakum, a refutation cannot otherwise be produced than by declaring my deposition to be a fabrication. Against this, indeed, I can bring no legal proof; I had not engaged a notary and two witnesses during my crisis. But I can allege other demonstrable facts, which evidence, with indisputable force, the deposition of hardened mucus upon the folds of the digestive canals. In the vomiting crises in the Water-Cure, to wit, besides mucus of fluid and unconstrued substance, there is also always ejected mucous fibres and mucous tissue of plastic structure. I refer, then, back to the two letters,* which I have published in another volume. Both writers are not in the most remote degree interested in the truth

or untruth of the matter of fact in question. Consequently, entire credibility must be conceded to their declarations, as well in a moral as in a judicial point of view. I could, were it not an unnecessary repetition, add to these two letters still a good number of others of a similar purport. I myself have experienced it in my own person. It has been decided with certainty, and is undisputed by physicians and chemists, that such mucous substances as have a firm and manifest structure, and consequently are neither half nor entirely fluid, and which have lost the power to become normally mucus again on being moistened with water, must have been quite exsiccated, old and indurated mucous masses. I have not been able to produce by solution thereof in water the original and fluid mucous substance, and have, to my great satisfaction and the fullest corroboration of my views, afterward found in *Berehlew*, that mucus, when quite exsiccated, can only be dissolved by adding alkali to the water, but never by water alone. Hence, then, it follows that the mucus ejected during a vomiting crisis, having a visible structure and insoluble in water, must already have been entirely dried out previously in the inside of the body. This mucus cannot, therefore, be such as is freshly secreted from the glands during the act of vomiting, or shortly before.

Since it is only at times that atmospheric air occurs in the stomach, and even then but in small quantity, it must require a long time so to exsicate the mucus as to impart to it the property of insolubility in water.

The very many old mucous masses evomited during Water-Cures which I have seen, had very various forms and structures; in part they consisted of long tape-like strings, in part of lumps of coarse tissue knitted in and in each other, in part of net-like forms, with latitudinal and longitudinal threads adhering together. The color, which comprehended the most various shades—bluish, greenish, blackish, whitish, yellowish, but most frequently brownish, and particularly grayish,—the variousness of all these colors together, can only be explained by the variousness of the color which the medicaments had which elicited the mucus, and these were enveloped therein. Some of these colors can be explained by the secretions of the bile.

(Conclusion in our next.)

A WORD TO WATER PATIENTS ON HOUSEHOLD TREATMENT.

BY JOEL SHEW, M.D.

THE writer has always maintained that the Water-Cure is eminently a DOMESTIC treatment. No method ever known by man can at all compare with it in this respect. Water, powerful as it is for good or for harm, accordingly as it is used, MAY be so far comprehended by persons of ordinary capacity, that they can apply it in the vast majority of cases, both with safety and positive good. Indeed, it requires a great degree of awkwardness in its application, for one to do any

* Letters published in the Errors of Physicians, &c.

great harm. I think I have made the methods of bathing so plain in the Water-Cure Manual, that all who will read them carefully, may practice safely upon themselves, in a great variety of cases. I would not, however, be understood as affirming that no physicians are ever needed; on the contrary, every well-regulated society does and must have those in its midst, whose business it is to obtain their earnings from the misfortunes of mankind.

I must earnestly recommend, as I have often done before, that all persons, however obscure may be their position or calling, do, by all means in their power, acquaint themselves with the advantages and the blessings of this most abundant, most powerful, and best of all remedies on the face of the earth—PURE WATER.

It has often been objected that water treatment costs too much at the establishments. It must necessarily be expensive at such institutions, so long as states and benevolent societies do nothing to forward its spread. The expensiveness of the Water-Cure at the establishments, then, is an argument for its employment as a home remedy.

It has also been said that hydropathic physicians charge too high a price for their services. I think I may safely say, that there are a number of water practitioners in the United States who have given more advice *gratis* than for *pay*; and certainly I think no water practitioner ever received a *fee*, however small, by letter, without promptly giving the necessary advice.

It is said, "The laborer is worthy of his hire," and that "time is money," most men are compelled to understand. Let me suggest, then, in behalf of hydropathic practitioners generally, that those patients who write for advice *pay* for it. Pay for it not exorbitantly, but in accordance with your means. If you are in reality poor, and not able to buy or beg money for tea, coffee, tobacco, spirits, &c., let some responsible friend, the minister, postmaster, magistrate, or doctor write for you, and be assured no true hydropathist will send you away empty.

For the benefit and instruction of those who wish to consult a physician by letter, the following list of questions will aid them in making out an intelligent description of any individual case:—

1. Age, sex, and occupation or profession? 2. Married or single? 3. Weight, height, and bodily conformation? 4. Color of eyes, hair, and complexion? 5. Progenitors and near relations long or short-lived? 6. Were they consumptive or otherwise? 7. Were you vaccinated, when, and with what effect? 8. What have been your diseases? 9. What medicines taken? 10. Have you had any secret disease, and, if so, what? 11. What medicine or medicines for it? 12. Have you suffered from the practice of solitary vice? 13. In what way or ways? 14. Have there been sexual excesses of any kind? 15. Have you seminal weakness? 16. Seminal discharges, and how often? 17. If a female, have you leucorrhoea or the whites? 18. For how long a time? 19. Falling of the womb, and how long? 20. Piles or hemorrhoids, and of what character? 21. For how long a time present? 22. How far can you walk ordinarily? 23. Have you borne children, and how many? 24. Were you much debilitated thereby? 25. Any difficulty in passing water? 26. Any sediment in the urine, and what its color? 27. Are the monthly periods regular? 28. Painful or otherwise? 29.

Too copious or too spare? 30. At what age did the menses commence? 31. If they have ceased, at what age? 32. Have there been hysterical symptoms? 33. How the appetite? 34. The digestion? 35. How the action of the bowels? 36. If constipated, how long a time? 37. If too loose, how long? 38. Sleep good or otherwise? 39. Spirits good, variable, or depressed? 40. Have tea, coffee, tobacco, or spirits been used, and to what extent? 41. What the diet? 42. Any pains, and in what part? 43. Have you had colds often? 44. Of what nature? 45. Any bleeding from the lungs or stomach? 46. How much, and its effects? 47. Any other hemorrhages, and what? 48. Coughing, and for how long a time? 49. What time of day most? 50. Character of the cough? 51. What kind of matter raised, and how much? 52. Pains in the chest, and what part? 53. Breathing difficult or not? 54. How many respirations per minute? 55. Pulsations, how many per minute, morning and evening? 56. Night sweats, and for how long a time? 57. Have the nails become curved? 58. If the throat has been sore, for how long a time? 59. Have the tonsils one or both been cut out? 60. If asthma has existed, how long? It is not presumed that the above list of questions is perfect, or as full as might be given; but it is sufficient to serve as a guide to patients, whether male or female, in describing their case. No important particular should be omitted. If a physician be at all worthy of the name, nothing that is entrusted to him as a secret is ever divulged. Even courts of justice cannot compel him to testify concerning the condition of his patient.

CONSIDERATIONS FOR COMMON FOLKS.

BY J. C. JACKSON.

ONCE more my feet press the hill-sides of our glen—our haven of rest to the weary and way-worn—the quietest—coziest—beautifullest spot on earth to me. I do not say to *others*, for others love, mayhap, bustle, and turmoil, and society in large masses. They like the tramp of horses, the roll of carriages, the interminable din and noise of cities. They develop only in the whirl of business, the rivalries of trade, the tight, deadly, gripping struggle of competition. They grow only as they are familiar with the doings of the Old World as well as the New, with the strifes of politicians, the controversies of theologues, the fist-cuffs in our great national bear garden—the Congress of these United States. They must walk on hot-beds that they may grow as they travel, or they do not consider life desirable. A nook like ours to such is quite too quiet. They have not learned that quiet—rest, what Quakers call "getting into the silences," constitutes the divinest philosophy extant. So they must follow their bent, and I must mine. Glad am I, gentlemen, to get home again, to turn about a few times, and at last to square myself to my duties, among which is that of writing to you and your readers. For the present, I have had enough of intercourse with the *great* world, and am now longing for Spring, who,

"with balmy breath,
Shall send a summons loud and long,
In the crowded haunts of the toiling throng;
And shall fill the dreams of the sickly child.
With songs of the wood-birds sweet and wild.
But shall whisper *love* in the sleepless ear
Of the maiden, young and pale.
Of a cottage *home* by a fountain clear,
In a far and sunny vale,
And the young heart answers with a prayer,
For the lot of the birds and blossoms there!"

Do you ask what I have been doing? I answer, With what of ability I have, I have been demon-

strating the superiority of water as a remedial instrumentality over drugs in the cure of disease. The trip was taken through Onondaga, Oswego, Wayne, Monroe, Ontario, Seneca, and Cayuga counties; and in all cases good audiences as to numbers came and listened with great interest. Invitations were at almost all the places tendered me to visit them again, and stay at length and give a *course* of lectures; so that, as far as my vanity may be said to be concerned, the reception I met was sufficiently gratifying. A better and more cheering reflection to me is, that I did good, that some true hearts were quickened into more earnestness to master the true secret of *life*, and that in quite numerous instances the young and healthful were induced to pledge themselves to a reformation of personal habits, which, if attended to faithfully, will add greatly to their usefulness and longevity.

Without detailing any arguments, let me say, I made these points. 1st. Considerations which go to show how health may be maintained. 2d. Considerations which tend to show how health may be *recovered* when lost. These led me over a great field of thought—mostly condensed for want of time—but made available as possible. Among many points of real interest which impressed me, TWO FORCED THEMSELVES HOME:

First, I was greatly surprised at finding so many people chronically diseased. I gave at each place at which I lectured public notice, that I would gratuitously examine all who would call at my rooms, and advise with them as to the probable effects of the water treatment in their cases.—Such notice brought me a large number of persons, and gave me notice of many others who wanted to see me, but could not come. Of course, I could not attend to their cases, though in some few instances I went to see the sick at their homes. In all cases almost that came before me for examination, I found that the chronic form of disease supervened the acute by means and under the influence of drug medication. I did not have a case whose subject had not taken internal remedies, and in the first instance at the suggestions of men who are always careful to parade their names publicly with M.D. attached. M.D.—medicine dealer—rightful name—truthful appellation—appropriate synonym. Much as it is relied on, it can scarcely add to the success of him who is so proud to wear it—in *killing* mortals, except so far as to make his blunders *legal*, and his victims content to die, when physicked to death *by authority*. O LAW! how death's kingdom has been peopled by thy consent! and not the least among the modes of hastening human beings off this earth, has been this M.D.-ing them off.

Sad as it is, it is not the less true, that, for the mal-practice of medical men, the people who patronize them must take their share of blame. They are more anxious to take drugs and nauseous nostrums than doctors are to give them. They throw their influence in favor of such administration of the sick, that it is harder to find a child over twelve years of age who has not taken drugs

than it is to find Egyptian locusts in our latitude. Harder still is it to find adults who, when questioned as to their health, promptly reply, "Very well; very well indeed!" The vast majority answer with strong qualifications. They are "pretty well," or, "so-so," or, "so as to be comfortable," or, "so as to keep about," or, "moderately well," or, "almost sick." This one has the bronchitis, and this one the rheumatism; this one torpidity of liver, and this one a sour stomach. That one rush of blood to the head, and that one pain in the kidneys. That one is nervous and cannot sleep, and that one suffers severe and protracted constipation. This other has neuralgia in the face, and that other has fever and ague. This one has paralysis, and his next door neighbor is threatened with apoplexy. So goes the questionings after the health of one's friends and fellows, and so come their answers. *Disease* is Death's great caterer. It attends the grim monster as the jackal the lion. Does the reader doubt? He can easily satisfy himself. Let him take any circuit he pleases and travel, six out of each seven adults he shall meet shall have some lingering ailment or ache, of which they will be prompt to tell if the questions are put with pertinence.

The second consideration that very sensibly impressed me, was the *great love of life* most persons possess, and the great ignorance they exhibit as to its true means of continuance. The great departure from the laws of life, grows not out of an indifference to life; for as a general thing, human beings *want to live*. They struggle to live. Satan made the truth luminous when he said, on a certain occasion, "Skin for skin, yea, all that a man hath will he give for his life." To test this matter, select a person and approach him with the intelligence that his hours are numbered; that in a little time he will lie level with the clod which the ploughman turns with his foot; that this earth, with her green fields and the outshining stars over her, shall no more be seen by him; that from the side of his fellows and his friends he must *alone* go to explore that unknown world, whose breadth is as a waste of waters; make him believe it, make him feel that the death gurgles is in his throat, and then offer him life on conditions that involve nothing but personal suffering, and he will accept the alternative with a scream of joy.

I never saw this longing for *life* more graphically described than by Eugene Sue, in his *Wandering Jew*. One of the prominent characters in that work is a Jesuit by the name of Rodin. He is a man of very superior talents, who, by his ability, has arisen from a very humble position to a chieftainship of his Order. By exposure he "takes cold," and is seized with congestion of the lungs, and Death walks into his room and looks him straight in the face. The man *will* not die. He motions the grim monster away, and summons his physician to his side. He is told that as far as his knowledge extends, the physician can apply but one remedy, which, at least, is excruciatingly painful, and at best is of doubtful utility in Rodin's case. It is the application of

mass, and the object to be gained is REACTION by *counter-irritation*. The patient calls for it with a sort of savage exultation at the thought of recovery. The application is made, the congestion is broken up, Rodin breathes and lives; and for once the pale horse bears the skeleton monarch back to his kingdom—his long, bony fingers clutching no prey.

This longing, this unquenchable desire for life, proclaims with unmistakable voice what is the Divine law. It shows that after the Divine plan disease is not the legitimately constituted precursor of death. It shows that if men are to die as their Maker prescribes, OLD AGE must be death's harbinger. To be warned by *Age* that one must die by "wrapping the drapery of his couch about him, as one that lieth down to pleasant dreams," makes of death a deliverer, not a destroyer; changes him from a skeleton to an angel of beauty; fills his gaunt form with living fibre, and causes to play on his cadaverous face the hues and dimples of health. His mission becomes that of a translator, whose office is to take the dying to a more elevated state; and by such his coming would be heralded with delight. It would no longer be heart-rending, oft-times disgusting, and uniformly unpleasant to see a human being pass from our sphere.

As it is, human beings make of death a hired butcher. They indirectly stipulate with disease, that for a certain term of time it shall make slow inroads on life, that so they may have the privilege of debauching themselves, and when nerves and stomach, heart and lungs, liver, kidneys, and bowels, brain, muscle, and blood are all riddled and worn out, Death may have them to do what he pleases with them, save to deliver their bodies to the surgeon for dissection. Their *living* bodies are specimens of Divine architecture to be subjected to all the caprices of animal impulse—all the sallies of passion. Their corpses—if they have pecuniary means—they *will* to be shrouded in fine linen, like the enrobing of an Israelitish maiden going to her bridal bed, and laid out in state, that friends shall weep in heartfelt sorrow, that priests shall say their prayers for the repose of their souls, or for the benefit of the living, and the choir shall chant the anthem, "LET THEM REST IN PEACE."

PULMONARY CONSUMPTION.

CASE OF JOHN BURDELL, OF NEW YORK.

BY S. ROGERS, M.D.

THERE is no chronic disease at the present time in the United States so universal and so fatal in its effects as *pulmonary consumption*. During many years it has been enlarging its gloomy borders, and now it is difficult to find a civilized community, however small, exempt from the mournful records of this dire malady.

Consumption is a disease that belongs essentially to civilization, and seems to increase just in proportion as men advance in what are termed the

refinements of society. I do not wish to be understood as affirming that *barbarism* is essential to immunity from consumption, but that the dietetic and other hygienic habits of enlightened races are, on the whole, so far inferior to those of the aborigines of our country, and also of our forefathers, that it is unnecessary to look further for the principal causes of this common malady.

In speaking of this disease, the great Dr. RUSS remarked that "it was scarcely known by those citizens of the United States who lived in the first stages of civilized life, and who had lately obtained the title of *first settlers*; that it was less common in country places than cities, and that it increased in both with intemperance and sedentary modes of life."

Consumption is far from being confined exclusively to that class of persons who live without physical labor. To sustain the present artificial states of society, the poorer class is subjected to sedentary habits in illy-ventilated workshops, and many other violations of physiological laws which tend always powerfully to induce disease of the lungs. But so common are pulmonic complaints, that it seems unnecessary for me to speak of their *predisposing* and *exciting causes*, and I am sure my readers are too familiar with the *symptoms* of consumption to render a description of them necessary here. I shall therefore proceed to narrate an interesting, though melancholy case, which lately came under my observation, and the medical care of Dr. Shew and myself.

JOHN BURDELL, late of the city of New-York, a gentleman extensively known as a skillful dentist, and during the last nineteen years a strong and practical advocate of "Vegetarianism," was born in Oneida county, N. Y., in the year 1806. He was of medium height, slender form, small and sharp features, rather light hair, with blue eyes. He spent the first twenty years of his life in the country in active habits. But he was always considered a feeble boy; and it was supposed that he would die of consumption before the age of twenty. He had frequent attacks of sick headache, with nausea; was habitually constipated, and often experienced nightmare. But his worst prominent difficulties were colds. He was subject to them every winter, of which he could recollect; and some of the attacks were severe upon his lungs. He had, besides, pulmonary hemorrhage repeatedly; and in after years, while residing in the city, he in some instances raised matter from the lungs, with streaks of blood. Partaking too freely of food, even of the simplest kinds, he thought had in some instances caused this effect.

John Burdell's parents were considered as being tolerably healthy. On his father's side there was, however, a predisposition to paralysis; his mother died of inflammation of the brain. He lost a half-sister, younger than himself, on his mother's side, with consumption.

At the age of twenty he came to the city, being at the time in poor health, with very sore eyes, probably of a scrofulous nature. From that time up to his death, he lived almost wholly

in New York, and was always sedentary in his occupation and habits.

In 1831, he commenced experimenting upon the vegetarian diet, using, however, a moderate allowance of milk and fresh meat, for about one year. From that time to his death he ate no flesh, except possibly for a space of three weeks. In the whole period of his experiment he used milk, he judged, not more than one year in the aggregate, and then only in small quantities. He practiced bathing in cold water every morning, as regularly as the day dawned. This was commenced at the same time with the vegetable diet. He drank nothing but pure water, and that rarely, as his free use of fruits supplied the necessary amount of liquid to his system. He repeatedly passed six months at a time without for once tasting fluid, or feeling any desire therefor. He never tasted tea, coffee, or hot drinks of any kind, during the whole of the period in question. He slept on a hard bed with a hard pillow, retiring to rest punctually at nine o'clock. He slept soundly till about six in the morning, when he arose and took his daily bath. Winter and summer he always had his bed-room window open at night. He endeavored to exercise more or less every day in the open air, but he always regarded that he would have been much better off, physically, if he could have been more out-door and active in his occupation.

In 1836, he believed himself to be consumptive, and for this reason went to the island of St. Croix, where he remained five months. The common fever of the island was raging, and nearly all visitors suffered from it; many also died. But no attack whatever was experienced by him. At another time he also spent a few months at New Orleans, and in the Southern States. During both of these trips his diet consisted of bread, rice, fruits, and potatoes.

About eight years before his death, John Burdell was attacked, in the month of April, with a diarrhoea, which at length became a dysentery, and nearly destroyed his life. He had been in the habit of eating (as he afterward believed) too many sour apples, nearly living upon them the whole winter. He had, besides, for a number of months, been living in a state of most unpleasant mental excitement. He had never experienced any bowel complaint whatever, after commencing the vegetarian experiment. At the time of this attack he regarded the homoeopathic treatment as being the safest he knew of, and having an acquaintance who was himself a practitioner of this school, he called him to prescribe, on the condition that no calomel or other mineral poison should be administered. The doctor, however, believing doubtless that it was his duty to deceive him in so serious a case, gave him both calomel and arsenic, and that in no small quantities. He had, moreover, reason, he said, to believe that he was over-drugged by an evil-minded person, whose duty it was, a part of the time, to give the medicine. At all events, the disease became

much worse under the treatment, and severe dysentery set in. This continued for more than a whole month, and he remarked that the smell coming from the discharges was as offensive as that of rats poisoned with arsenic. As soon as he found out what he had been taking, he discharged the practitioner, and declared that he would take no more drugs. All of his extremities became nearly powerless, as is common from the effects of an over-dose of arsenic, and it was nearly two years before they regained their power as before.

At this time he was persuaded, for a short period, to break over the rules of diet he had so long and so rigidly observed. He ate a little beef-steak for about two weeks, but became so nauseated and disgusted with it that he could not be prevailed upon to continue the experiment any longer. Substituting for it Indian meal gruel, well boiled, home-made brown bread, and the free use of fruits, he grew rapidly better in every respect, except the extremities.

After this dangerous illness he took but two meals a day, morning and evening, never touching food of any kind between times. Having ascertained, experimentally, the quantity of nutriment required, as he supposed, he weighed or measured the articles used for each meal. Thus he was enabled to be uniform in quantity. In summer his food consisted wholly of unbolted wheat meal bread and fruits, according to the season. He regarded those of our own climate the best. In winter he partook mostly of potatoes and apples, using at times, however, other farinaceous articles. At some times he ate unleavened bread, at other times the leavened. He used no butter, neither spices of any kind, and, as before remarked, used no coffee or tea, or other hot drinks. Nor had he ever taken alcoholic or fermented liquors. In September, 1849, he remarked that he could not then recollect when he had last taken milk or even water to drink. The juice of the fruits he had used so freely answered all the demands of thirst, and the total disuse of all animal food and spices had much to do, he regarded, in preventing thirst. It was many years, he said, since he had taken the slightest cold, or experienced the least nausea, headache, disorder of the bowels, or indisposition of any kind; and for the last seven years he had not omitted a single meal. "He seemed," in the language of one of his friends, "in perfect health, with skin clear and mildly suffused with a natural tinge, in the place of the bloated flesh of drunkenness and gluttony. His mind was unclouded and active, his spirits gentle and cheerful, his conversation fluent, easy, and instructive. Altogether he appeared a very happy man. His wants, with his mode of life, were few, and required very moderate ends to meet them."

"Much may be learned from this case, and the inference will naturally arise that much sickness, with its attendant calamities, is superinduced among mankind by unintelligent and beast-like indulgence in improper and pernicious articles of

food and drink."* During the cholera seasons of '32, '34, and '49, he remained unharmed. But in the dispensations of an all-wise Providence, there was soon to occur a great change in his physical health. He was probably born with the seeds of tubercular consumption within him. Providence always operates through the laws he has wisely established in nature—laws which are as fixed and immutable as his own existence. Doubtless, John Burdell had for many a year, by force of physiological habits, (faulty although they were in some respects) kept at bay the monster disease which was ready at any moment to corrode the very vitals within him. About the middle of 11th month last (1849), he took a cold, as he informed me about two weeks thereafter, cough and expectoration ensued, but to a small extent only. He continued in his business and other habits as usual, but from the first doubted whether he should ever recover from this attack. In the hope of religion he was calm and cheerful in mind, and experienced no bodily pain.

At the urgent request of a medical friend, in the early part of his illness he daily ate two oysters for nearly three weeks, although he was convinced that the cough and febrile symptoms were aggravated. After ceasing the use of the oysters his fever, expectoration, and cough gradually decreased. Until within two weeks of his death he was able to walk and ride as usual. During the remainder of his life his strength became less and less, until the 11th of 3d month, at 6 P. M., he expired without a struggle.

Now it has been, and no doubt will be, currently reported that the death of this gentleman was caused or hastened by starvation. For the satisfaction of all who feel an interest in his dietetic course, and to refute the absurd notion entertained by those who neither investigate nor understand the physiological laws which govern the human system, it was thought proper by his friends to fulfill a request of the deceased, that a post-mortem examination be made. Accordingly, fourteen hours after death, Dr. Shew, assisted by my self, examined minutely the entire viscera, and found all the organs in a healthy condition except the lungs. There was slight hardening and enlargement of the pyloric orifice, also the appearance of partial congestion of the right kidney; but neither of these deviations were sufficient to cause much disturbance. The liver, heart, stomach, intestines, pancreas, and spleen, appeared perfectly healthy.

The right lung adhered at the summit, and full half of the upper portion was one tuberculated mass. Near its centre, in front, was a cicatrix about the size of a half dollar. The left lung was even more diseased than the right. So great had been the inflammation of the pleura many years before, that this lung was attached nearly its entire depth to the left wall of the thorax. With the exception of about one tenth of the inferior portion, there were tubercles and

caverns to such an extent as rendered it entirely unfit for use.

In regard to the treatment of John Burdell's case, it will be readily inferred that we did not at any time hope to effect a radical cure. The treatment was wholly palliative, it being simple washings in water at moderate temperature twice daily. These baths were always refreshing, the frequency of the pulse was reduced, and the night sweats were so slight as to be scarcely perceptible at any time; usually no symptoms of the kind appeared. And here let me remark, in all deference to the opinions of others, that in cases like this, a very slight treatment only is admissible.

The peculiarities of this case were, first, the entire absence of pain and bodily distress of every kind; second, the almost constant freedom from night sweats; third, that no diarrhoea occurred; fourth, that the limbs did not at any time swell; and fifth, that the mind remained clear, and the spirits undepressed.

Our patient was carefully watched, and his wants attended to during his whole illness, by his very worthy and intelligent assistant, B. F. MAGUIRE, who succeeds him in that useful and difficult art to which he so long and so ably devoted himself.

HYDROPATHY IN EUROPE;

OR, A FEW WORDS TO THE READERS OF THE WATER-CURE JOURNAL.

BY DR. CHARLES MUNDIE.

HAVING been requested by the Editors, several months ago, to write articles for the Water-Cure Journal, I would have willingly responded to their wishes before, had not another literary work of some importance in my own language occupied all my leisure hours. That work having been sent away by the last steamer, I will make the best of a few days of repose to contribute to the laudable end of this paper, by communicating some of the results obtained by an intimate acquaintance with Priessnitz, Oertel, Weiss, Schrott, Thiel, and other celebrated water physicians, as also by a long practice and large correspondence. My own fate being closely connected with the progress of Priessnitz's method of curing diseases, I crave permission to begin my articles with a few words on the efforts I have made to promote that method, and help to complete the reform in medical matters which had been so successfully commenced by Oertel, Priessnitz, and others. I need not tell the readers of this Journal who is Priessnitz.

Experience and hypotheses, proceeding from undigested learning, stupid pride, and despicable egotism, aided by the zeal of thoughtless students, mere vehicles of their "magisters' ideas, had been building up for 2000 years a large edifice, with mysterious accessions, and more difficult issues, the darkness of which was unimpenetrable to the unaided eye of the layman, and not much dearer to the physician initiated into these mysteries.

* See Appendix of Lambe on Vegetable Diet.

Whilst the disciples of the two schools, Allopathy and Homœopathy, were destroying the confidence of their patients by their reciprocal invectives, which were received with applause and laughter by the public, old Oertel began to sweep the polluted temple of Hygien with cold water, overthrowing all the learning of the doctors, and directing his patients to "drink water in abundance and bathe in cold water until they would turn blue." The numerous cures he effected and the thanks of his patients, whose diseases had baffled the learning of the masters over death and life, soon awakened the attention of suffering mankind, and directed it to Anspach (in Bavaria, where Professor Oertel, 86 years old, still lives) and to Graefenberg, where Priessnitz had commenced his miraculous cures.

Vincenz Priessnitz, although a farmer, yet a man of a sound, penetrating mind, treating his patients in a much more judicious way than Professor Oertel, attracted the attention of several physicians, two of whom, Drs. Kroeber and Kurz, as well as two Prussian officers, published each a small pamphlet on Graefenberg and its miracles. The writer of this soon after went to Graefenberg to restore his health, which had been suffering for several years, baffling his own efforts, those of his medical friends, and even the use of baths and cold water employed in Oertel's way. The happy and nearly immediate effect of the Water-Cure at Graefenberg, and the success he experienced all around him, soon made him a faithful adherer to the new system, induced him to study it thoroughly, (in which he was greatly assisted by the intimacy which existed between Priessnitz and himself,) to set up a Water-Cure establishment in his native country, and to give (1836 to 1837) an accurate description of Graefenberg and Priessnitz's method of curing diseases with water, in a work entitled, "Genaue Beschreibung vom Graefenberg und der Priessnitz'schen Curmethode, etc., Pesth and Leipzig, bei Hartleben."

This book was the first that explained to the physician and layman the different processes of the water treatment, their effects upon the system, and the way to treat upward of seventy diseases according to principles of the great water physician of our age. Nearly all the books, which have been written since, in German or any other language, so far as I am acquainted, bear the marks of their authors having made, either immediately or mediately, an attentive study of my writings; many an author has not scorned to copy it half out, and nearly all German publications on the subject have cited it, as well as later writings of the author, as authorities. This I may be allowed to state, and if required to prove, as a matter of fact, not as a reproach to those who have not acknowledged their obligations.

My books—the titles of which have already been given by an article in the December number of last year—were partly translated into several languages, and spread in hundreds and thousands of copies all over Europe, converting the people into water friends, teaching them a simple mode

of life, and a better way of educating their children, were received in the most favorable manner by the public, with an approbating smile by the homœopaths, and with rage by most of the disciples of the old system—the allopaths.

They soon peopled the Graefenberg and the village below, (Freiwalddau), so that the number of Priessnitz's cure guests amounted in 1839 to upward of 1600, exclusive of about half the number of the servants and poor. When I paid Priessnitz a visit that year, my presence caused quite a sensation, and all his patients complimented me with saying that it was I who sent them thither.

My water practice soon increased; several journeys through Germany, France, Hungary; a call by Prince Waronz over to Russia, another call by the Duke of Gotha to Elyersburg, the setting up of several establishments, and a correspondence of about one thousand letters yearly, the editorship of a hydiatic paper, ("Der Wasserfreund,") the direction of my own establishment at Freiberg, in Saxony, of that of Elyersburg, and repeated visits to Graefenberg, Freiwalddau, Krevisch, Schweizermühle, Königsbrunn, Liebenstein, Jemenaux, Hohenstein, Stettin, Prag, Wien, Berlin, and numerous other establishments, and the experience gained on my own body, made me thoroughly acquainted with the use of water in acute and chronic diseases, as well as other hydiatic matters in general, and allowed me, not to become a blind imitator of one great master, but to study and appreciate also the advantages of other similar methods, and even those which were entirely rejected by blind adherents to the one, who certainly has proved the most eminent and most useful of all hydropaths, but whose knowledge and skill are not sufficiently large to exclude all remedies beyond his reach from a natural method of curing diseases.

CURIOSITIES OF MEDICAL SCIENCE.

UNDER the above head the Sunday Times publishes some rather severe remarks concerning the *modus operandi* of fashionable drug-doctoring, as the following extract will show:—

"The 'right divine' is still the doctrine of kings and the belief of nations—divine ordination is still claimed by the priests of every religious faith—while the medical profession in all countries still think it necessary to shroud its science in mystery, and to claim the faith and blind confidence of the sick, as of great importance to the proper effect of their prescriptions. An eminent modern medical authority has asserted that—'If medicine be entirely divested of its mystery, its power over the mind, which in most cases forms its main strength, will no longer exist.'

"This is doubtless the general opinion of the medical profession. They shrug their shoulders, and talk of the '*profanum vulgus*.' They seldom

explain, even to the most intelligent patients, the cause or nature of their diseases—much less do they condescend to tell how they are to be cured. The doctor comes, feels of the pulse, shakes his head, examines the tongue, looks wise, asks a few questions, nods knowingly, asks for a piece of paper, writes a prescription in Latin terms and hieroglyphics, and you have nothing to do but confide in his knowledge and take the medicine. And all this when it is for the interest of the doctor to deceive you—when his very subsistence may depend upon the number of visits he pays you, the quantity of medicine he gets you to swallow, and the length of time he keeps you sick. It is wonderful how easily men submit to this despotic power; but not more wonderful, perhaps, than that mankind have, for so many centuries, submitted their bodies to kings and their souls to priests. Alas! we are but children in leading-strings, and we are beginning to find that in other things than politics 'the world is governed too much.'

"Professor Dickson, in his late address to the medical graduates of the University, well said that the physician exercised the most despotic power on earth. It is a power of sickness and health—a power of life and death—a power unquestioned even by the coroner. The doctor has at hand a hundred instruments of disease and death, and he can administer them unquestioned; either dealing out the most subtle and potent poisons himself, or sending his prescriptions to the apothecary, with whom his secrets are sacred. In vain does the sick man attempt to penetrate the mysterious formula. The sickness of a day may be prolonged indefinitely, a 'light ailment' may be doctored into a fatal illness, and there can be no remedy and no redress. I do not say that this is done commonly and willfully—that it is done sometimes purposely, and often ignorantly, there is too much reason to believe. I am ready to admit—nay, I am proud to boast—that no profession excels that of medicine in disinterestedness and honesty. If there were as many selfish and unscrupulous doctors as there are ambitious and hypocritical clergymen, or knavish and unprincipled lawyers, woe to those who swallow their prescriptions! If doctors were as much in the habit of slighting their work as some mechanics and tradesmen, if they perpetrated frauds as systematically as is done in every branch of commerce, there is no doubt that the public would be much worse poisoned than they are. It may well be the pride of the profession that they are very honest, considering their temptations. Doctors are but men, with human weaknesses and wants; and every man kept from sickness is robbing the medical profession, and every day a disease is shortened takes so much money from the pockets of doctor and druggist. Under this condition of things, it is well that we have no more on the sick list, and that there are no worse returns on our bills of mortality.

"Our antipodean friends, the Chinese, with their curious practical wisdom, manage matters rather better. With them it is, 'No cure, no pay'; and

a doctor is paid in proportion to the rapidity with which the patient is cured, and not according to the duration of the disease, the number of visits, and the quantity of drugs he can be made to swallow. But even this is not the best plan that could be adopted. While people are so ignorant of the laws of life as to be liable to sickness, a state of things equally unnecessary and unnatural, a doctor should be well paid for instructing the public in the rules of health and preventing sickness, and the more healthy the community the higher should be his salary. If he were fined for every case of sickness and premature death, it might be an additional stimulus to his exertions in the legitimate work of the medical profession.

"But in speaking of the possible, and, as human nature is constituted or conditioned, almost inevitable abuses which may come from the despotic power of doctors, and the blind faith of their patients, it may be well to advert to the unquestionable frauds of their coadjutors, the druggists and apothecaries. In the case of physicians, we can have no certainty of their errors, whether willful or ignorant, for there is no chance for investigation. The certificate with its magic 'M. D.' prevents all inquiry, and the grave conceals all mischief. But the druggists are not so fortunate. Their articles are open to chemical analysis. From the enormous prices of many drugs, and the ease with which they can be counterfeited, the temptation is too great for common mortality to withstand. Consequently there is no drug of any considerable demand and price which is not adulterated, counterfeited, or debased, in the most shameless manner.

"Those who know most of drugs excuse this to their consciences, on the ground that all medicines are poisons, about the efficacy of which the doctors perpetually disagree. But Congress has recently seen fit to pass a law appointing inspectors of drugs at our principal sea-ports, who are empowered to condemn and destroy all spurious importations. This is a fine enactment, especially for our own druggists, who have the matter all in their own hands, and who, by importing their articles separately, can adulterate and imitate to suit themselves, and make the entire profit. So extensively is adulteration practiced abroad, that eminent medical men have expressed the belief that very few medical prescriptions are ever properly put up in Great Britain; and we have yet to learn that our Yankee apothecaries are behind their English brethren in the handiness of their craft and calling.

"It may be rather instructive than otherwise to give a few of the more common of these falsifications and adulterations. Thus we have the sulphuret of antimony adulterated with lead, arsenic, manganese, and iron; white arsenic with chalk, plaster of Paris, and sulphate of barytes—not a bad exchange, perhaps; cayenne pepper is mixed with red lead; castor is imitated by a mixture of dried blood, gum ammoniac, and a little real castor stuffed into the scrotum of a goat; white wax is mixed with white lead and

tallow; for cochineal we get pieces of dough pressed in moulds and colored with the genuine article; saffron is mixed with fibres of smoked beef; we get red lead instead of red precipitate; calomel, or, to be more scientific, hydrargyri submurias, is often mixed with corrosive sublimate, a more violent poison; for magnesia we buy lime or its sulphates; musk often contains dried blood, asphaltum, and small particles of lead; opium is rendered cheaper at wholesale by containing liquorice, bullets, and stones, other vegetable extracts, gum arabic, gum tragacanth, linseed oil, and cow's dung; for strychnia we get brucia; and for flowers of zinc, chalk and white lead; while the vegetable extracts are mixed and diluted in a hundred ways, so as to defy detection.

"It is in this way that druggists tamper with the healths and lives of their fellow-citizens, and yet there is no reason why they should not be as honest generally as the doctors; and as to the mischief done, the counterfeited medicines in most cases have probably as much good and as little bad effect as the genuine. It is a common practice for apothecaries, when out of any medicine prescribed, to put some other in its place; and it can be done with perfect safety, since neither doctor nor patient will ever know the difference. In the same way secret nostrums or patent medicines are constantly imitated; and the more celebrated the medicine, the less the chance of getting it genuine, or from the hands of the inventor."

APPLES FOR HUMAN FOOD.

We have, more than once, predicted that the time will come when Fruit will be substituted for *FLIES* as an article of diet. Our own experience has quite satisfied our mind on this subject, but see what the American Agriculturist says:—

"The importance of apples, as food, has not hitherto been sufficiently estimated in this country, nor understood. Besides contributing a large portion of sugar, mucilage, and other nutritive matter, in the form of food, they contain such a fine combination of vegetable acids, abstractive substances, and aromatic principles, with the nutritive matter, as to act powerfully in the capacity of refrigerants, tonics, and antiseptics; and, when freely used at the season of ripeness, by rural laborers and others, they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogenous food, avert scurvy, and probably maintain and strengthen the powers of productive labor.

"The operators of Cornwall, in England, consider ripe apples nearly as nourishing as bread, and more so than potatoes. In the year 1801, a year of scarcity, apples, instead of being converted into cider, were sold to the poor; and the laborers asserted that they could stand their work on baked apples, without meat; whereas, a potato diet required either meat or fish.

"The French and Germans use apples extensively; indeed, it is rare that they eat down, in the rural districts, without them in some shape or

other, even at the best tables. The laborers and mechanics depend on them, to a very great extent, as an article of food, and frequently dine on sliced apples and bread. Stewed with rice, red cabbage, carrots, or by themselves, with a little sugar and milk, they make both a pleasant and nutritious dish."

If our friends will only provide themselves with plenty of choice fruit, we will venture that not one man, woman, or child, in fifty, would care for animal flesh to eat. Who doubts, for a moment, that many scrofulous and other diseases are traceable to a flesh diet? It is well known that much of the meat we eat is in a diseased state when slaughtered, and its effect may be well imagined. Yet our fruit is always in a healthy state, and cannot generate disease in the human body; but it has a diluting, purifying, and renovating tendency.

PREMATURE DEVELOPMENT OF MIND.*

THE premature exertion of intellect to which it is stimulated by the constant excitement of emulation and vanity, far from strengthening, tends to impair the health and tone of the brain, and of all the organs depending on it; and hence we rarely perceive the genius of the school manifesting in future years any of the superiority which attracted attention in early life; but we find him, on the contrary, either sunk below mediocrity, or dragging out a painful existence, the victim of indigestion and melancholy. On the other hand, some of the most distinguished men who ever lived were in childhood remarkable only for health, idleness, and apparent stupidity. The illustrious Newton was, by his own account, an idle and inattentive boy, and "very low in the school," till he reached twelve years of age; and the young Napoleon himself is described as "having good health, and being in other respects like other boys." Adam Clarke was considered "a grievous dunce" when a boy, and was seldom praised by his father except for his ability in *rolling large stones*, which his robust frame and good health enabled him to do. Shakspeare, Gibbon, Byron, Scott, and Davy, were in like manner undistinguished for precocious genius, and were fortunately allowed to indulge freely in those wholesome bodily exercises, and that freedom of mind, which contributed so much to their future excellence. The mother of Sheridan too long regarded him as "the dullest and most hopeless of her sons."

Among the many who give great promise in early life, and whose talents are then forced by ill-judged cultivation into precocious maturity, how few live to manhood to reap the reward of their exertions, and how few of those who survive preserve their superiority unimpaired! Tasso was early distinguished, and wrote his immortal epic at twenty-two years of age; but his life was miserable, and his reason disordered. Pascal is also another example of the same result.

* From Dr. Combe's "Physiology of Digestion;" a new edition of which has just been issued from the press of Messrs. Fowler & Wells.

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APRIL SHOWERS.

BY R. T. TRALL, M.D.

WHAT'S IN A NAME?—There is not only a manifest propriety, but an almost unavoidable naturalness in the selection of the names of things. Thus our allopathic competitors for the care and custody of the public health, address the said public on the subject of the healing art, through periodicals bearing such portentous yet significant titles as, "London Lancet," "New York Scalpel," etc. There is as much savageness in the names they delight to be known by, as barbarity in the way they like to medicate our maladies. We propose that they adopt more medicinal and less surgical phrases, as "Cod Liver Oil Advocate," "Calomel and Antimony Reporter," "Opium and Ipecac Gazette," "Asafoetida and Skunk Cabbage Review," &c., &c. We offer these as suggestions merely. Those whose business it is to "cure people till they die," have the same right to name their own bantlings as we hydrops, who are obliged to reverse the accustomed order of things, and "kill patients until they get well." These premises being granted, the conclusion follows that the twenty thousand subscribers to the Water-Cure Journal—with a list of readers outnumbering, and, we think, *out-thinking*, those of any other medical journal in the world—are bound to be satisfied with the heading of this monthly medley. This introductory shower, we beg to be understood, is intended only as a sort of preliminary sprinkle to the general showers of the subject and the season.

The first shower, next in order, seems to be adapted to the particular cases of our allopathic brethren, and as we always advise them gratuitously, we give it place for their especial benefit. It is taken from the Boston Post:—

"A NEW PHASE IN THE HEALING ART.—Dr. N. Ray, of Madison county, Mo., recently administered a large dose of morphine, for Dover's powders, to a worthy citizen of that county, Mr. Joseph Farrell, who died in consequence. The doctor publishes a card exculpating the error on the ground of 'its being night, and having *went* to bed.' It is but justice to the doctor's keen sense of the fitness of things to mention that, in his card, he announces his withdrawal from the medical profession for ever—so that Mr. Farrell's friends have the melancholy consolation of knowing that his death will be the means of saving many others."

TREATMENT OF HOOPING-COUGH.—Here is a shower which ought to wake up the people to the beauties of the drug system. We take it from L'Union Médicale:—

"Dr. Paresi has published experiments of his made during an epidemic of whooping-cough, which reigned in the Lomeline. He had in view to ascertain the relative value of the various treatments which had been proposed for that disease. Out of 122 patients, 111 were from three to ten years old, nine from ten to thirty, and two were fifty years old. Forty-eight of these were treated by the ordinary

method; twenty-seven took cochineal; nineteen, laurel-water; six, vegetable acids; and twenty-two were treated by a mixed method. All those who were treated with cochineal, or the vegetable acids, recovered without exception. The result was almost the same with those who took laurel-water; and out of the remaining sixty who were treated either by the ordinary or mixed method, eighteen died."

Observe, reader, that we condemn druggery, not upon the evidence of its opponents, but by the testimony of its own professors and advocates. Criticise the above paragraph carefully, and you will find that the mortality was exactly proportioned to the activity and power of the treatment. All who took simple things, medicines which produced but little effect of any kind, got well; while *eighteen of the sixty*, who were treated scientifically—that is, by the ordinary and mixed methods, which of course means, after the most approved authorities, *died*. Can any evidence be more satisfactory that the less treatment a patient receives "by the ordinary and mixed methods," the more likely he is to live through his disease?

SEMOIA.—Of all the bungling, blundering, nonsensical, ridiculous, absurd, and absurdly unnatural twattle, which makes up so large a proportion of that "budget of blunders," which swells out the pages of medical journals, the most exquisitely foolish is that part which pertains to diet. God and nature in wisdom and providence have furnished their creature man with food, the constituent elements of which are exactly adapted to his structure and condition, in sickness and in health. With this self-evident fact before their eyes, the proof of which is spread out as broad as the pages of nature's book, our learned, college-made, medical professors, are continually worrying their brains and working their laboratories to get something fit for humans to eat! A London chemist has lately come out with a new preparation of grain, which he calls *Semola*, and recommends it "to the notice of the profession." Let us see what profound reasons he gives for his new article of food, which we suppose has much more importance to its proprietor in a *commercial* than in a *sanitary* point of view. We quote from the London Lancet:—

"It would appear to be an object of primary importance, in a regulated system of diet, to be able to separate the vegetable nutritive principles from the large amount of starch, woody fibre, sugar, &c., with which they are naturally associated; and thus to have the means of administering nourishment without stimulating, and in a small bulk. In the special case of diabetes, it has long been recognized as a desideratum to find some vegetable substances congenial to the stomach, and at the same time highly nutritious, with as little starch as possible. In many forms of indigestion and diseases of debility, it must be equally desirable to administer a diet of similar character—namely, as nutritive as animal food without stimulating. There is no substance in nature which seems to possess the required chemical composition and properties so perfectly as wheat gluten, and the facility with which this is separated from the starch, sugar, etc., of the wheat, has directed much attention to it. But all attempts

hitherto made to convert gluten into a palatable and manageable food have failed."

So they always will fail, as will all other attempts to make healthful or medicinal food, by separating or changing its natural constituents. When will doctors learn that nature has done her own work about right, and try to *imitate* instead of attempting to improve her? A food is wanted, "as nutritive as animal food, without stimulating!" Does the author we are examining know that wheat, rye, corn, oats, barley, and rice, just as they grow, each and all are three times as nutritive as animal food of any or all kinds, and that too without possessing any stimulating property whatever?

STATE MEDICAL SOCIETY.—The annual meeting of the New York State Medical Society, which took place in January last, at Albany, elicited the usual amount of "great talk and little meaning." The address of the President, Dr. Stephens, is redolent of self-laudation. The subject was, "The Public Health," on which the doctor observes:—"A learned and skillful faculty of medicine is essential to the well-being of society. Rightly, therefore, are we recognized by the legislature as the *sole and exclusive* guardians of the public health." It is very true, indeed, that legislative authority and patronage do very much help to bolster up a system which the people, who, by the way, make legislatures, are fast repudiating. When the people undertake in good earnest to be the guardians of their own health, they will have but little sickness; but so long as they trust it, "solely and exclusively," to a "learned and skillful faculty," they will find apothecary shops very convenient. The question of the contagiousness or non-contagiousness of typhus fever was discussed, as the papers said, "in a very able and satisfactory manner;" but, like the discussion of the contagiousness or non-contagiousness of cholera by the "Academy" in this city, they couldn't come to any sort of conclusion. The proceedings wound up by offering a premium of twenty dollars for the best essay on quack nostrums. We hope the successful competitor won't forget cod liver oil.

Having thus thrown some gentle showers of cool water upon our theoretical foes—and we know they hate and fear cold water almost as much as we despise and abhor calomel—we purpose to administer a few to our friends, who, we hope, can feel themselves perfectly at home under a reasonable deluge of the purifying element.

ERYSIPPELOUS FEVER AND SMALL-POX.—These complaints have prevailed in some parts of the Western country of late. In the vicinity of Akron, Ohio, many deaths have occurred, and several schools have been discontinued. Two or three physicians have recently died from the virus received in dissecting bodies whose deaths were occasioned by erysipelas. For the special benefit of the people in that region, and the physicians whose lives, under their own system, are held by a frail tenure, we repeat what has often been uttered before in hydropathic

books and journals, that erysipelas in all its forms, and small-pox in both its varieties, are easily managed by the water-cure appliances. The rule for bathing in all these cases is as simple as invariable. Always apply water according to the temperature of the body, the single aim being to restore and maintain the animal heat in all parts of the body at its natural standard. Of course the stomach and bowels are to be cleansed when necessary by warm water and tepid injections. The patient may drink all the thirst demands, but eat virtually nothing, till the violence of febrile reaction is materially abated. When great general heat exists, frequent ablutions; or the wet sheet envelope, lightly covered, should be employed. Local inflammations of the throat or elsewhere are to be met with wet cloths often changed, and the severer the inflammatory action, the colder should the water be. Cold parts or cold extremities require warm cloths, fomentations, &c. When the temperature is irregular—alternating heat and chills—the circulation can be best balanced by the packing wet sheet. Exercise both perseverance and patience. Do not undertake to do too much. Let the patient have as much rest as possible. Be a little "orthopathic," that is, give nature a chance to do something. She will seldom if ever disappoint you. One word especially to the doctors: If you will live hydropathically, and thus keep your skins clean, your blood pure, and your secretions healthy, and your whole bodies clear of putrescent accumulations, this virus which emanates from dead and decomposing bodies will not kill you. It may poison you somewhat, to be sure, but the vitality of your pure blood will destroy it before it seriously injures you. Our friends in Ohio have inquired whether there is any necessity for persons who have formerly been vaccinated to be re-vaccinated? There is not. It is true one person in several thousands may have the disease twice; but a plain, simple, healthy manner of living is always preparation enough for all sorts of contagious diseases.

BLINDNESS AND SORE EYES.—The Allopathic proceedings, in almost all cases of weak or inflamed eyes, or partial blindness, resulting from chronic inflammation, or mal-practice, are, to apply a constant succession of caustics and astringents to the organs themselves, put blisters behind the ears, or setons in the neck, and leech and bleed the general constitution. The leading treatment is topical; the constitutional is merely incidental, yet incidentally bad. Whatever is done to the general system tends to mar, break down, lower, destroy its powers. The Hydropathic system reverses the whole plan, as it does nearly everything else of an allopathic nature. We depend mainly on general treatment; purifying, invigorating, building up, improving the general tone of health, and making local applications merely incidental auxiliaries. It is, indeed, an every-day affair for solutions of nitrate of silver, blue vitriol, sugar of lead, &c., to *pucker up* the relaxed vessels of an inflamed eye for a time and make it feel and look a great deal better. But re-

lapses are continually coming on. The part will not "stay cured." Thousands of persons have doctored, relieved and cured their eyes in this way for years, and yet in the end found them as far from being well as ever. I am of opinion that caustic and irritating applications to the eye have not a little to do in producing those organic changes in the humors and coats of the organ which eventually ultimate in partial or total loss of vision. Scarcely anything else is really necessary in persons of weak or chronically inflamed eyes, except rigid attention to the general laws of hygiene. In severe functional derangements or slight structural changes, an active course of general water-treatment, with occasional local appliances, will prove, and often has proved, the most safe and efficient medication.

CANCERS.—It is often asked, what can be expected from Water-Cure in these formidable diseases? It is positively certain that drug-medication never does them any good. If they are eaten away with caustic they usually re-appear after a longer or shorter period; and if extirpated with the knife they soon grow again; how soon, depends entirely on the general health. It has been noticed that all treatment which apparently benefits a cancerous ulcer for a time, bears a very precise relation to the constitutional habit of the patient—his greater or less morbid condition of body. From these premises, which no intelligent medical man will dispute, the conclusion is quite natural that everything which tends to renovate the whole physiological condition, conduces to the cure of cancer when curable, and to its alleviation when incurable. From the wonderful results which have followed a rigidly abstemious and simple diet, connected with ordinary bathing as a mere matter of cleanliness, in various malignant ulcers and tumors of long standing, I have the utmost confidence that most cancers, taken in their incipient stages, could be entirely cured by the whole hydropathic water and dietetic regimen. But one thing is morally certain. It could not fail to prove a vast improvement on any other method of treating cancerous affections, now recognized by the profession, or known to the public.

A NORTH-EASTER.—The last number of the "New England Botanic and Medical Journal," published at Worcester, Mass., comes down upon us with a steam-shower, as highly seasoned almost as "No. 6," in an article from the pen of one F. T. Albee, who hails from Pawtucket, R. I. The article is headed, "EXCLUSIVENESS, FOUNDED IN IGNORANCE OF THE TRUE SCIENCE OF MEDICINE, THE BANE OF THE PROFESSION." This is a formidable head, but the tail is absolutely tremendous. The writer wants to have hydropathy become auxiliary to roots, and herbs, and Buena Vista pills, but has no notion of allowing it to supersede them. Hear him:

"If men, with the wet sheet and bathing-tub, will be sober and tell us (what we have known ever since we have known anything about medicine), that the various applications of water are a valuable auxiliary

to the healing art, I am most ready to admit it; but, when I see them, like wild maniacs, reprobating at once and forever the use of efficient and healthful medicines, on which the God of nature has imprinted his own signet of approbation, I think it time that the public mind should be informed upon this subject."

Well, sir, *perhaps* you are just the individual to scintillate the necessary light on this subject into the public mind; so we quote your next paragraph.

"If we take but a slight survey of the effects of *exclusive* water treatment in this community, we have a fearful comment on the incongruity of dismembering, from the beautiful fabric of an established science, fragments, which, when isolated, appear as meagre and as insignificant as a mole-hill beside a mountain, and as disproportionate to the systematized aggregate of medical science as an ocean's drop to the great mass of the mighty deep."

Dear, disconsolate man, where are you? You have gone so down, down, into deep water, that we can't find a single "ocean's drop" of meaning in the whole "systematized aggregate" of that sentence. But a little further along comes something in the shape of facts and statistics. These we may be able to comprehend, so we copy again:

"I have seen the worst effects follow the *exclusive* water-treatment—worse, even, than the effects of the old drug system itself. One was a case of fever, which terminated in fatal consumption; another, a case of fever, terminating in dropsy. Other cases might be mentioned, but these took place under my immediate notice. The first of these was the case of a stout, athletic young man, in the prime of life, with as good a pair of lungs as ever inhaled the breath of heaven. His disease, as a sequel of the wondrous water-cure treatment, was *lingering, painful, and fatal.*"

There is a smack of originality as well as an awful pathos in this narrative. A *fatal* consumption, as a sequel of the water-treatment, the writer tells us with astonishing ingenuity, was "*lingering,*" "*painful,*" AND "*fatal.*" Of course we are to suppose that a death by consumption from any other cause would be neither *lingering*, *painful*, nor *fatal*! The simple truth, man, is, that you have told your story too bunglingly to make anybody believe it. When you try again, recollect that the secret of success in all fictitious writing is to "keep probability in view."

HYDROPATHY FOR INFANTS.

It seems to me very evident that THE WATER-CURE SYSTEM is destined to prove a far greater blessing to what is popularly termed "the rising generation," than to the one now "on the stage." How very few of us have been trained Hydropathically *from the start*! How few there are who have *perfectly* healthy nerves, and lungs, and digestive organs,—despite our present more correct way of life! How few there are who have escaped the apothecary and his nauseous nostrums,—or, far worse yet, the savage medication of "The Monthly Nurse!"

It is a cheering fact, though, that there are children whose stomachs have never been poisoned,

nerves stupefied, and digestion half ruined by officious dosing. Few though there be, there are still enough to establish the complete truth of this Water-Cure axiom: that the period of infancy is the one of all others which *most* requires GOOD HYGIENIC MANAGEMENT, to the total exclusion of medicinal poisons. No need of morphine, paregoric, and McMunn's Elixir,—castor-oil, rhubarb, and catnip-tea! "The thing has been tried." A strange infatuation that, which induces young mothers to commit their tender new-born infants to the fussy "care" of the "Monthly Nurse!" Active as is the practice of the family druggist, it is nothing to be compared to that of *Mrs. Gamp*. The very first thing she does is to force down the throat of the poor little victim enough castor-oil to poison its young blood, and impair its digestion from its very entrance upon life. It is then bandaged up so tightly as to make every vital act a positive misery; and so the poor thing cries as piteously as it knows how. But *Mrs. Gamp* never dreams that the bandages are in fault; not she. "The child is only fretting because it is hungry." It is accordingly nursed to repletion—nay, even to distension; whereupon Nature kindly interferes, and sets up the process of vomiting, until the burden upon the stomach is finally reduced to more moderate dimensions. By-and-bye, the child *hiccups*, and *Mrs. Gamp* has recourse to a strong decoction of catnip-tea, "to drive off the wind!" And now it will not sleep, and *Mrs. Gamp's* supper is just ready. But that worthy soul very soon settles this difficulty by means of some "cordial" or "tincture" (opium in disguise); and the poor infant at length sinks into the feverish slumber of drug-intoxication. It is then covered up, hot and close, so as "to keep off the air;" and *Mrs. Gamp* goes to her supper. Next morning, "Baby" moans, and tosses from side to side; and, of course, "Nurse" says it is "only hungry;" so the over-nursing and vomiting follow next in order; then comes the catnip-tea, and, last of all, the paregoric—just as before. And so the poor child is *worried* through the first month of its earthly existence. *Mrs. Gamp* now resigns her puling charge to its feeble mother, and takes her leave to go and torment a fresh victim. Perhaps "Baby" thrives a little after this, if left to itself long enough to have a chance; but, in five cases out of ten, especially if it is scrofulous, it dies of *convulsions* or *cholera infantum*, ere the completion of its second summer.

It, therefore, seems to me very evident (as I have said before) that the great truths of the WATER-CURE system will accomplish more good in regard to the physical education of the young, hereafter, when better understood and more generally acted upon than they are now effecting, as regards all those who have been brought up in "the old way"—at the feet of *Mrs. Gamp*. The one will be trained in the *right way*, from the start: while the others, but too often, have to be "made over anew."

A few words, now, about the management of in-

fants upon Hydropathic principles. In the first place, I am happy to say, that such persons as *Mrs. Gamp* "have no confidence in THE WATER-CURE," for the very excellent reason, that THE WATER-CURE strikes at the very root of their existence. Hydropathy does not recognize any sort of necessity for fastening such an incubus around the neck of any young mother: it repudiates wholly "The Monthly Nurse." What need of a *Mrs. Gamp*, when, with proper care and judicious Water-Treatment, the young mother is herself able to take care of her child almost from the very day of its birth! A good family-servant, to assist her in bathing and watching her infant, is, in ordinary circumstances, all she requires.

As soon as it is fairly brought into the world, the child is carefully washed in *tepid* water, wrapped in a soft, warm blanket, and placed beside its mother to rest and sleep. No castor-oil is given; nothing, in fact, but a spoonful, or more, of pure, simple water, (in spite of *Mrs. Gamp's* notion, that water *might* give babies the colic!) If everything goes on naturally, the child sleeps until it is time to give it its appropriate food. Should it cry, however, with hunger, a little milk-and-water will appease its cravings for the time being.

No bandages are fastened upon "Water-Cure babies," and their clothing is never too tight for comfort. Great care is taken to keep the child neat and clean, but more regard is paid to its physical well-being than its personal appearance. During the first month, its only costume is a loose night-dress. The child is never pinioned about its stomach, for the navel invariably is well in a week, and generally in three days. If the child is regularly bathed, as it should be, *every morning and evening*, in *tepid* water, and dressed and handled with tender care, it heals easily and quickly. Sometimes a soft, *wet* linen cloth is carefully adjusted about it—for an hour at a time, usually; but frequent washing of the part keeps down the heat, and the healing process is rapidly completed, even though nothing be done except thus paying strict attention to local cleanliness.

One of the nicest points in the management of infants is the proper regulation of their hours for nursing. It is unnecessary for me to say, that *regularity* should be observed as carefully as possible. I do not mean, however, that the infant should be nursed "*will ye, will ye,*" once every two, or three, or four hours, as the case may be. An enlightened mother will rather educate her instinct so as to recognize promptly when the child is hungry and when it is not. Nature's language is generally easy of interpretation—that is, to those who are competent to distinguish, for instance, between genuine hunger on the one hand, and childish caprice on the other; and it would, therefore, seem most rational and expedient to leave this matter to the good sense of the mother, rather than enact any arbitrary hour-rule.

Another nice point is the proper regulation of the digestive process. Not a day should pass without

careful attention to this important particular. Should the infant be constipated, an enema of slightly warm water (nothing else is needed) will speedily and effectually afford relief; while, on the other hand, if the bowels are relaxed, and there are any symptoms of pain, an enema should likewise be administered, but with this important difference, the water must be *tepid* instead of *warm*. In this simple way, any sensible mother can safely and speedily treat all cases of constipation and diarrhoea arising in her own family, under ordinary circumstances; and it will be her own fault if, knowing all this, such complaints are suffered to become so obstinate as to require medical advice—for it will be a fair inference to say, that she has neglected her duty. These enemata are best administered by means of the small glass syringes, as it is much easier, when these are employed, to avoid injecting air, and thus adding to the previous sufferings of the poor little patient.

On the subject of ventilation, and the advantages to be derived from sending children, even at an early age, into the open air as frequently as possible, I trust it is unnecessary for me to add much, in conclusion. Those of us who reside in New York know very well that the awful mortality among infants, of which we are weekly apprised by the City Inspector, is mainly owing to the neglect of ventilation and cleanliness—especially among the poorer classes, living, as they do, in ill-constructed and crowded dwellings. But this is a theme decidedly foreign to my present purpose; I only allude to it now, in passing, because it serves very well to “point the moral” of the preceding observations.

M. L. S.

No. 51 Tenth-street, New York.

WATER-CURE IN CHILDBIRTH—AGAIN.

It is well that the public mind is awaking to the indescribable blessings of Water-Cure in gestation and parturition. Hitherto, many have said, “These things *cannot* be true.” The news was too good to be believed. Again and again, my patients have been told by their friends that they would surely die if they resorted to Water-Cure in child-bearing.

“Why,” says one, “everybody knows that a woman must not even wash her face and hands, or have anything damp about her till after the ninth day succeeding delivery, and these Water-Cure people wash a woman in cold water who has just been delivered. It is perfectly frightful.” And when a Water-Cure lady bears her child without pain, very delicate and proper persons have been known to sneer, and say, “*Just like the animals.*” And why should not the human mother suffer as little as the animal? Is she vulgar and indelicate because she does not endure pangs worse than these of death?

I have been very much gratified with several births that have recently come under my care. One young lady, who was really far from being strong, but who had been living very carefully on Water-Cure principles through her pregnancy, encouraged and sup-

ported by a strong, earnest husband, suffered slightly one quarter of an hour. Another, with a first child, and whose friends frightened her all in their power, took the cure under my care, and when she was delivered she could hardly be said to suffer at all. I was uncertain whether the expulsive efforts were accompanied by pain. I said, after the birth, “Were these efforts painful?” She hesitated, and then said, “*Slightly*.” The same day she sat up and held her babe, and said she felt *well*.

Another, the last case I had. The babe was born with three expulsive efforts, each of which was somewhat painful. *This was all.* The lady was up the day after the birth, and about house, as usual, in a week.

I have never known the slightest ill effect from the use of water in childbirth in the practice of any Water-Cure physician, not even when the patient seemed imprudent in sitting up and walking directly after the birth.

As soon as a lady is perfectly delivered, I use the *vagina syringe, with cold water, throwing a pint or more upon the uterus.* This causes the organ to contract immediately, and saves the patient from after-pains, which are caused by the efforts of the uterus to contract, and assume its normal state. I then wash the patient with a sponge, or towel, in cold water, and put a long, cold, wet bandage closely around the abdomen. She then is dressed, goes into a clean bed, and generally sleeps five or six hours. When she wakes, she goes into a cold sitz bath for fifteen minutes, and is sponged over the whole surface, also; a fresh wet bandage is then applied, and she is allowed to sit up for a short time if she wishes. This is my practice in all ordinary cases. The treatment with healthy women is continued for a month. They take a sitz bath mid-forenoon and mid-afternoon, use the vagina syringe three times a day, and wear the wet bandage. Nearly all my patients are able to be about house, and to go out walking or riding in a week. All get up the day after the birth. We know that this course, with the old method of treatment, would be death.

There is no fear of accumulating too much testimony on this most vital subject. The truth must be literally dinned in the ears of the people before they can believe it; all their experience contradicts it. “Line upon line, precept upon precept, here a little and there a little,” and woman may be saved. God speed the day.

M. S. GOVE NICHOLS.

46 Lexington Avenue, New York.

“MOTHER, I GUESS THE BABY WON'T CRY ANY MORE, FOR I'VE KILLED IT AND THROWN IT OUT DOORS.”—The Dedham Democrat relates that these are the words which a little girl in that town, only four and a half years old, addressed to her mother, upon her return from a short absence; and that the baby was found under the sink spout, with a cut upon its wrist, from which it had almost bled to death.

NOTES OF CITY PRACTICE.

BY R. S. HOUGHTON, M.D.

CASE I.—*Chronic Rheumatism.*

June 20th, 1849.—Mr. C. commenced the water-treatment with the hope of obtaining relief from chronic rheumatism of six years' standing, during which time he had passed through almost every kind of Allopathic medication, regular and irregular. As is usual in such cases, what with this thing and that, (*colchicum* especially, in its various guises,) he was "nothing bettered, but rather made worse;" and, at the time I have specified above, the enemy was muttering in the joints in a way that denoted a good deal of irritation in the nobler organs. Mr. C., at the outset, wore his right arm in a sling, and complained of a "catch" in the ankle on ascending the stairway; otherwise, with the exception of the lassitude caused by the enfeebling influence of the six years of medication he had gone through, there were no very striking symptoms apparent, save this characteristic one: *the skin did not act*. In spite of the heat of the season, Mr. C. wore an unusual quantity of under-clothing; any one in ordinary health would have sweltered under it; but, notwithstanding all this, *no perspiration whatever appeared on the surface*, even in the middle of the day.

Treatment.—For the first ten or twelve days, Mr. C. came for a wet sheet and plunge bath at half past ten, A.M.; and resumed his baths on rising, at his own residence. Under this preparatory treatment, the pores opened, the skin began to act, and perspiration gradually broke out. The right wrist improved, and Mr. C. could even use his right hand a little, instead of the left, when driving out. On the 1st of July, he took an unusually long walk, and, becoming overheated, sat down to rest himself in the open air. The sudden check of perspiration thus produced brought on a violent attack of acute rheumatism;* and, on the 3d of July, Mr. C. gave himself wholly up to my treatment. On this day, it was with great difficulty that he could ascend the stairway, to take his wet sheet and bath. Next day, his knee-joints and ankles were swollen, inflamed, and very tender to the touch. The treatment now pursued was substantially this: COOLING WET BANDAGES were constantly applied to the parts affected; a half-wet sheet was occasionally employed; and at least two plunge baths were given during the day. The bath-room immediately adjoining the one assigned Mr. C., he was carefully assisted into a rocking-chair, and drawn in beside the bath-tub. This was a somewhat fatiguing operation to the patient, but he invariably felt so much invigorated by the plunge, that he was always drawn back greatly refreshed. Under this kind of cooling treatment, the inflammatory attack was soon overcome, the lost appetite gradually returned, and great relief ensued; still, the limbs were too much

swollen and too tender for walking. Mr. C. was easily induced, unlike many patients under the old regime, to leave his bed in a few days, and sit up a good portion of the day. In this stage of the treatment, *rubbing the feet with the bare hand* was found by Mr. C. to be a great luxury. *Two clysters were administered daily*, for their purgative effect; and always with decided advantage. A gradual and steady amendment now ensued. Before long, Mr. C. was able to ride home, spend the day, and return at night. On Saturday, the 21st (less than three weeks from the commencement of his acute attack), he rode home and stayed until Monday. During the following week, there was a rapid improvement; and the use of the douche upon the limbs was found highly beneficial. On the 28th, Mr. C. returned home to remain,—with the understanding that he should come back occasionally for a wet sheet to confirm his recovery, *and never omit his morning cold bath on rising*. To this latter clause he has rigidly adhered; more rigidly than to the former, owing to the heavy pressure of his business engagements. He has enjoyed unusually good health from that day to this (March 15th); he has been out in all kinds of weather, but he has had no return of rheumatism—not even an ache, which his usual bath, or an occasional douching of the part afflicted, did not dispel immediately. On the whole, this case of Mr. C.'s may be considered as good an instance of what Dr. Gully calls "a strengthening cure," as we could wish for. One thing is very evident: the "six weeks," which the elder Dr. Warren pronounced so very "good for rheumatism," are cut down one-third or one-half, by rational Water-Cure.

CASE II.—*Midwifery.*

October 25th, 1849.—Mrs. M., a young married lady, commenced the water-treatment, with the intention of following it up until after her confinement (with her first child). Her general health being perfectly good, she was placed upon a light, tonic treatment. She took two plunge baths each day; exercised regularly; and ate only twice a day, of simple food. Slight labor pains set in on Saturday evening, Nov. 17th; a thorough enema of tepid water was immediately administered, and about 11 o'clock, a tepid sitz bath was given, (and repeated at 2) with very good effect. At intervals, a little refreshing sleep was obtained. The pains continued to increase steadily in efficacy, and at an early hour in the morning Mrs. M. was safely delivered of a fine boy. Soon afterward she was carefully bathed, and then lay down for a quiet sleep, with her infant by her side. She awoke from this greatly revived; and from this time forward recovered rapidly, with no attending drawback. A wet bandage was worn about the abdomen by Mrs. M., for some time after delivery, with excellent effects; and three or four days after her confinement she went out shopping as well as ever.

No. 51 Tenth-street, New York.

* "A smart attack of acute rheumatism will be found to occur in the majority of cases of old rheumatism treated by water."—Dr. Gully.

**APPLICABILITY OF THE WATER-CURE
IN ACUTE DISEASES.**

BY E. A. KITTREDGE.

THE next and most dangerous disease to scarlet fever is the croup. This also has its varieties, the most common of which is the spasmodic.

The croup, as most people know, is an inflammation of the trachea or windpipe, and sometimes of the larynx and bronchial tubes, which parts being excessively sensitive, are disposed, when once affected, to take on most violent inflammation.

The croup may be distinguished from other affections by the peculiar sound of the cough, which much resembles the crowing of a young rooster, or the barking of a young dog.

The results of this inflammation, if not properly treated, especially, are spasms of the severest kind, terminating in exhaustion of vital power, or in suffocation, generally within a few days from its commencement.

The most common form, as I have said, is the spasmodic, and fortunately altogether the most easily cured.

This form occurs mostly in the nervous and irritable constitution, the least obstruction in any of the organs being sufficient, with children of such temperaments, to superinduce an attack of the spasmodic croup; hence parents, &c., should be exceedingly cautious how they let such children indulge in improper and inordinate meals, inasmuch as an ounce of prevention is worth a whole cart-load of cure!

The spasmodic form, unless grossly mismanaged, is seldom fatal; and many a simple medicine has become famous among the allopaths and nurses because of its power to relieve, almost instantly, this terrible sounding, but, in reality, little alarming, complaint.

Aye, many a one is there among both of these classes who have built up a faith in medicine, firm and steadfast, from the simple fact that emetics, &c., will give immediate relief as a general thing in cases of this kind. Poor souls, they have never asked themselves, or anybody else, if there was no way of producing the same amount of relief without any of the waste of physical power consequent upon the introduction of irritants poisonous enough to induce vomiting. Many and many a poor nervous child has been puked to death by the frequent administration of emetics in the shape of "Hive Syrup," &c., &c., which the fond but foolish mother kept always by her, because some ignorant physician once "relieved a child in this way of a powerful bad case of the croup," and with which she kept "curing" her children till they died!

To all such let me say, there is now no excuse for such practice, for in these latter days, it has been discovered that poisoning the system with drugs is not the very best way that could be devised for removing simple obstructions, or quieting nervous irritability. The more you "cure" croup in this way, the more you may, as the "remedy" increases the disposition to the disease.

To the understanding hydropath I need only say, that all that is necessary is to equalize the circulation, thereby removing the immediate cause of the spasmodic contraction, &c., of the windpipe; it is this contraction, &c., lessening the aperture through which the breath issues, that gives the frightful sound to the cough and breathing; and in order to prevent a recurrence, restore the equilibrium of the nervous system.

How to do these they well know: in slight cases a simple application of a wet cloth to the chest is all sufficient—aye, in most of the cases where these debilitating, tone-destroying emetics are given, which so often produce or develop other diseases—a simple napkin, dipped in cold water, and repeated a few times, will be equally efficacious in giving instant relief without any of the trouble of going for doctor or medicine, or being obliged to force down the reluctant throats of the little darlings a horribly nauseous dose, which any one with decent brains must feel has a tendency to destroy life.

In some cases, which have been neglected or maltreated, it becomes necessary to use more active means. If there be much fever, I recommend the use of the sitz bath at 65°, with free ablation on the whole body, till the temperature is reduced to the natural standard, and then, if there be much irritation remaining, to put them into a wet sheet, in which they should be kept only just long enough to restore the equilibrium—say half an hour.

When they come out of the sheet, of course they are to be well washed down, and cold wet cloths kept constantly on the chest, changed as often as they become hot.

It may be necessary, in some severe cases, to repeat the sitz bath, three or four times in the course of as many hours, before you put them in the sheet, and perhaps the sheet will have to be repeated every few hours for a day or two.

The great danger in these cases will be that the mother or attendants, not having faith or knowledge enough, will be too afraid of applying the water sufficiently, and thereby let the symptoms gain on them, and then the simple spasmodic may become the dangerous inflammatory or membranous croup.

A case of this want of efficiency occurred in my practice once, whereby the child nearly lost his life, the parents being afraid to put on water enough to *put out the fire*, or in other words, to keep the fever down.

Six hours after my first visit to the child, whom I found with symptoms of bronchitis and spasmodic croup, they sent for me again, saying, the child was growing worse all the time, and wanting to know if I couldn't "give it something." I told them I thought I could, and I did—"give it" an all-sufficient soaking—and impressed upon them by so doing the importance of following up the treatment energetically, seeing and believing the child was saved, though the neighbors had flattered themselves "cold water had killed it."

As for the membranous croup, the only sure way to cure this is to prevent it! I mean by this, that when the membranous sac is once formed, it is almost impossible to cure it even with water. Hence the importance of keeping down the fever at all hazards, as every physician agrees that this is an inflammatory disease, and to those who will see, it is no wonder that they so seldom succeed in curing it, when we take into view the irritating means made use of, which would create inflammation in and of themselves.

In all cases, then, where the symptoms run high, the pulse being quick and strong, and full withal, with difficult, wheezing, and accelerated respiration, you must be "up and doing," while there is yet time, and peradventure you may in most cases prevent the terrible catastrophe, that otherwise will most surely ensue, viz., the formation of a false membrane, and in a few short days, a terrible death.

The same treatment here, as in bad cases of the spasmodic kind, only more so! is required. Some recommend the cold dash in the later stages, where there is a tendency to suffocation, &c., &c., i. e. the throwing on of a pail of cold water upon the body, hoping thereby to produce a shock sufficient to break up the formation of the sac.

I have tried this, in some cases, but cannot say that I have seen any decided advantages from it, though no doubt there are periods in the disease where it might be very useful.

I should use, when practicable, in the first stages, the full bath, keeping the patient in a bath of 66, for three or four minutes, or more, rubbing them briskly all the while, then immediately enveloping them in a dry blanket or two, till warm again; then apply moderately cold cloths to the throat and chest, reducing the temperature gradually to ice-water, and keeping up, as stated above, the sitz baths, sheets, &c., &c. If anything will cure it, this will.

IMAGINARY DISEASES.

BY L. REUBEN, M.D.

It is strange to hear people, who call themselves sensible, telling of such an one who has an *imaginary disease*, or another who is *spleeny*, *imagines himself sick*, has "*hypo*," or NOTHING BUT HYSTERIC! When will such persons learn that there is not such a thing as an imaginary disease under heaven; and that those diseases which they call imaginary, are positively the *most real and tormenting* that poor human flesh ever writhed and groaned under, this side of paradise! When will we be *just and generous* to the large, very large portion of our fellow-beings now writhing under these real and fearful maladies? "But," says some iron-souled objector, whose nerves, by mistake, were all made *sineus*, and whose brain is but a species of *white liver*, "can you prove that?" Let us see.—Without nerves, we should feel neither pleasure nor pain, health nor sickness; in fact, nothing; nor should we manifest anything. By and

through nerves, then, we feel and manifest all sensations. Now, if the nerves feel pleasure, they manifest pleasure; if they feel pain, they manifest that. And how can they feel pain, unless some real, substantial, and sufficient thing be present somewhere, grating, like a rasp, upon their delicate fibrils, or cutting, like a knife, into the quivering, exquisite threads? They cannot. If pain, or convulsions, or simple discomfort, *ennui*, or hypochondria is felt, there must be a *bodily something* grating upon the nerves, and thus producing those unhappy sensations, no matter whether we can or cannot see it—can or cannot name it! Hence follows this conclusion: *Many are diseased who think themselves well*, because, though the nerves never manifest pain unless there is something present to pain them; yet the thing may be present, and they may be so far benumbed and dead, as not to feel it; *but none are well who think themselves diseased*, because, if they were well, every sensation felt by the nerves would be one of pleasure, and could not possibly be painful. Of course, I speak of sensations coming from the body itself, and not of those coming from the external world. Let the unjust and cruel sneerer step forward now, and refute the argument. He may then taunt the wretched sufferers from Nervous Diseases, Dyspepsia, &c., to his heart's content!

WATER TREATMENT IN WOUNDS.

BY J. A. SPEAR.

A YEAR ago last September, a young man in my employ unfortunately wounded his knee with an axe. Though there are four men near here who are partially cripples by means of a wound on the knee, three of whom suffered a number of months, and underwent everything but death, while they were treated in the usual way by the apothecary, yet this wound was more severe than either of those at the commencement, and quite the largest that I had ever seen on that joint. It commenced on the lower portion of the knee-pan, and ran nearly in the direction of the heel-cord; thus bringing the whole blow directly over the joint. Knowing the common result of such wounds, and seeing the severity of this, at first I felt rather fearful that a stiff knee could not be avoided. But, after examining it, I had a strong impression that if the inflammation could be kept down, and the limb quiet until the wound healed, the secretion of the joint would not be destroyed. Therefore, knowing that his blood was in a good condition, I told him that I would see that it was healed in one week if he would follow my directions, which were to keep the knee quiet, live on about one-third, and not to exceed half of his usual allowance of food, and subject himself to the water treatment. To this he readily consented. The wound was made clean, and then drawn nearly together by means of narrow strips of cloth, a fourth or a third of an inch in width, and six or eight inches in length, covered on one side with shoemaker's-wax, and applied warm. This was an easy and convenient means of

supporting it. It was then covered with wet compresses, and they were kept in their place by a convenient bandage. Covering enough was worn around the knee to keep it just comfortably warm. I believe the cloths were changed only two or three times in twenty-four hours, just according to his desire, and the parts around the wound gently showered at each time with a small stream of falling water, and rubbed as much as convenience would allow. Then the compresses were replaced and secured as before. The result was, that the wound healed without inflammation or pain, and finding it healed in six days instead of seven, he laughingly said, I had gained one day, and might go a-fishing, if I chose. He commenced using it then, though it was not strong by any means, nor free from a sort of numbness and tenderness for a long time, which was occasioned by injuring the bones. But it gradually became strong, and that numbness, together with the tenderness and slight difficulty in bending the knee, gradually wore away, until it became quite natural, and as strong as ever.

Last June I was called upon to dress a wound, which had just been made by a carpenter, upon his knee. It was a cross wound, about two inches in length, made with the corner of a sort of chisel, about four inches wide, used for smoothing mortises, paring, &c. The wound was directly across the knee-pan, about three-fourths of an inch from the upper portion of it. The knee-pan was cut quite off on the side where the corner of the tool penetrated, and quite across the top, leaving only a little at the bottom and one side. One end of the wound was carefully brought together and held, while a strip of strong cloth, eight inches in length, and one-third of an inch in width, covered with wax, was adjusted in such a manner as to keep it in place. At a little distance from the side of this strip, a second was carefully applied, while the wax was quite warm, and so on until the whole wound was drawn in place, and properly supported. It was treated with wet compresses, washing, gentle showering, &c., as the other, and healed rapidly without pain, and though it took a number of weeks for the knee-pan to become thoroughly united and strong, it is now as well as it ever was.

In these cases there were not the slightest symptoms of inflammation, or a cold. But those other cases alluded to above, that were attended with such extreme suffering and ill consequences, were treated with warm applications, which caused debility, which was followed by what was called taking cold in the wound.

Those who are suddenly taken from much active exercise and a full diet, and obliged to keep quiet, will be much benefited by a plain and scanty diet, and the towel or hand bath. If the blood be kept in a proper condition, and the skin is clean and healthy, and the stomach not overtaxed with food, there is but little danger of taking what is called a cold. If a general cold is taken, it is

often realized only in some weak or injured part of the system. There is no danger in applying cold to wounds, bruises, &c., provided it be followed with a comfortable reaction. The very means which are generally resorted to for the purpose of guarding against colds—such as warm applications, heated rooms, confined air, &c., result in producing the cold. Patients thus guarded and suddenly attacked with colds, are generally considered by their physicians and friends as *providentially* smitten with what every possible means had been used to ward off. Thus they seem to understand cause and effect about as well as though the world was governed by chance, and effects were not produced by causes. Let the case go as it may, it is all charged to Jehovah, and man (the foolish transgressor) pleads his spotless innocence!

ALLOPATHIC MIDWIFERY.

BY R. T. TRALL, M.D.

If there is any department of what is called medical science pre-eminently demanding reform, it is the usual *scientific* management of women in childbirth. The function of child-bearing is a natural and necessary process, and, the doctor's dosing and drugging, and the nurse's slopping and stuffing aside, not at all alarming or dangerous. But a false system of medication, and constant interference with, and disturbance of the natural course of things, have converted the act of parturition into a day of perils, and its previous and subsequent periods into seasons of terrors and accidents.

Those who read believingly the mass of unintelligible trash in the medical journals of the day, must inevitably get into the notion, or get the notion into them, that all manner of maladies are the pre-ordained accompaniments of pregnancy, and that nature could never do a thing which did not require correcting by the doctor. Under the popular medical orders of the day, pregnant females are regarded as invalids, and are bled, paregoric'd, magnesia'd, stimulated, mineralized and poisoned, just as though they were going through a regular course of fever. No wonder so many die suddenly; no wonder so many are confined to their rooms from three weeks to three years, after delivery; no wonder so many lay on their backs a month or two with *puerperal scalled leg*, or are rendered helpless for three or six months with a *broken breast*, or are cut off in ten or twelve days with *puerperal fever*. A Dr. Carpenter has lately reported several cases of *puerperal anemia*, which teach a solemn and an awful lesson. Let us try to understand it and profit by it. We extract from the Boston Medical and Surgical Journal a full report of some of them:

CASE I.—Feb. 22d, 1841. Called to see Mrs. B. Found her pregnant with her third child. Age 25. Sanguine temperament, robust and vigorous constitution, weighing 150 pounds. General health good. Great depression of spirits, with a premonition that

she should die in labor; throbbing in the head; red canker; oedema; cadaverous skin; dyspnea on motion; stomach irritable; bowels loose; loss of appetite; pulse 100. She was now about house. Treatment—chalybeates and nit. argenti.

March 24.—Saw her again, with all the former symptoms aggravated, and the following in addition. Pulse now 120 to 150, quick, wiry, very tense. Intense throbbing of the heart. Great tendency to syncope, with a constant desire to be fanned. Great restlessness and inability to sleep. Urine scanty and high-colored. Tongue, lips, and mouth perfectly bleached, and without coat or sordes. Blood constantly oozing from the nose, but without crassamentum or coloring matter, scarcely tinging the linen upon which it fell. Treatment—chalybeates and nit. argenti, topical and general, with morphia.

On 29th, Dr. W. saw her in consultation. Treatment continued, with wine.

On the night of the 31st, confined, giving birth to a dead child, of full growth. Labor easy, and without hemorrhage, after which she sank rapidly, and died April 2d.

CASE II.—June 8th, 1841. Called to see Mrs. P., who desired to be bled. Age 21. Size average. Temperament sanguineous. Previous health good. Pregnant with her first child. She had all the symptoms of Case I., except usual hemorrhage and the aphthous mouth additional. She evidently had effusion in the chest. Her friends attributed her disease to her having lived in a house recently painted. She insisted on being bled to relieve her breathing; nor could any remonstrance of mine dissuade her from it. I bled her 8oz., and on separation there could not have been one ounce of crassamentum. The serum almost without color. No other treatment. Delivered of a dead child, of full growth, on the night of the 14th. Labor easy, no hemorrhage, but she sank rapidly, and died before morning.

CASE III.—April 22d, 1841. Called to Mrs. E., in labor with her first child; and although the distance was short, she was delivered of a weak living child before my arrival. Child lived but a few days. Never saw the patient before. Age about 25. Nervous temperament and delicate constitution. No uterine hemorrhage. And here I would observe, that no excess of this kind occurred in any one of the cases. On the other hand, the lochial discharge was unusually scanty and of a light color. She had all the symptoms of Case I., except the hemorrhage and oedema. Bad nursing, small room, and unwholesome air. She was put upon the same treatment as Case I., with a nutritious diet. Stomach soon became capricious and would retain nothing. The patient sank, and died June 9th, much emaciated.

CASE IV.—May 6th, 1841. Called to see Mrs. F., in labor with her fourth child. Child born before my arrival. Age 31. Previous health good, except canker in the mouth. Temperament nervous. Size average. No appearance of anæmia. Good getting up, for the first two or three weeks. Called again on the 29th, when the anæmic symptoms were distinct. So strong are the indications for the chalybeate treatment in this disease, that they were again resorted to in this case, in the varied forms of the carbonate, the sulphate, the muriate and iodate, but with no good effect. The nit. argenti was also used; yet the patient sank and died, July 29th, apparently bloodless.

CASE V.—Oct. 2d, 1842. Called to see Mrs. W. W. She desired to be bled for pain in the head. No symptoms of anæmia. Bled her 12 oz., with relief. No peculiar appearances in the blood when drawn. Did not see it afterward. Age 22. Pregnant with her first child. Size average. Temperament nervo-sanguineous.

Nov. 19th confined, with a healthy child. Getting up good; afterward healthy.

Dec. 20th, found her far advanced in anæmia, but without oedema, effusion, or hemorrhage. Treatment—morphine, brandy and quinine, with a nutritious diet. On the 25th, in consultation with Dr. M., and at his earnest recommendation, changed the treatment to chalybeates. The patient died on the 31st.

CASE VI.—June 25, 1842. Called to see Mrs. A. She had been put to bed some four weeks previous by Dr. P. with her first child. Child living. Age of mother 21. Temperament nervous. Size small. Previous health good. There was no effusion, canker, or hemorrhage; all the other characteristics of the disease strongly marked. The woman's mother, who was the nurse, insisted that there was laceration of the perineum, and desired me to examine. This enabled me to examine the organs of generation during life, which I found entirely bloodless and colorless as wax. Treatment—morphine, wine and quinine. Saw the patient but three times. Another physician was called, under whose care she soon died."

In pondering upon this sad story of mortality, we are compelled to inquire, why did all these women die? In the first case related we have a female of *robust and vigorous constitution*, having an *easy labor*, without any accident at all; yet the child was still-born, and the mother died soon after giving it birth! Why was all this? Mark. The doctor saw her Feb. 25, 1841, and although he found her complaining of many unpleasant symptoms, he reported her then "in good general health." But, mark you again; then he commenced his dosing. He gave her a course of mineral poisons to swallow continually—preparations of iron and lunar caustic. She is kept on this druggery to March 24, over four weeks, and then, as the doctor tells us, "*all the former symptoms were aggravated!*" What does he next do? Why he gives *more* of the same mineral poisons, to which he adds a powerful vegetable poison, called morphine!! March 29, five days after, the patient is still worse, yet all the previous poisons are continued, to which another poison of the stimulating kind is added, viz., wine. Two days after, she died, and there, reader, you have the whole story of *cause and effect*.

In the second case the woman was killed very easily. *Anæmia* means defective nutrition, bloodlessness, want of vitality, &c. The body is so debilitated and relaxed in this condition that spontaneous hemorrhages are frequent. No one, therefore, in the exercise of common sense would ever think of bleeding when a want of blood constitutes the very essence of the disease. Even in this case the doctor *knew better*—so he says. But he could not persuade the woman from being bled, therefore he bled her, and therefore she died!!!

There is nothing peculiar in the third case, except, unlike the first case, her constitution was delicate. She was put on the same treatment as the first case, and with the same result—she died in about the same time after she commenced swallowing the poisons. The inference, then, seems to be, that a vigorous course of mineral and narcotic poisons kills a strong constitution as soon as it does a weakly one. I don't

know but a pistol ball, shot through the heart of a strong, athletic man, would be the death of him, as soon as it would of a man in feeble and delicate health. And I cannot see why the same rule will not apply to mineral poisons operating through the stomach.

The fourth case is ranker with quackery than either of the preceding. Here the woman was in good health, and luckily got safely through her delivery before the doctor interfered. She did well for three weeks; but, fatal kindness, the doctor had to keep watch of her, and on the most unfortunate visit of the 29th, he could distinctly perceive anæmic symptoms. So he put her on the same course of poisons, with variations, which killed the first and third, and killed her too!

The fifth case is very like unto the fourth; only the treatment was commenced with narcotic and stimulant poisons first; and after these had been continued five days, as though to make the work of death sure, the minerals were resorted to again.

The sixth case, in all essential features of the disease, and the treatment, and the killing, and the dying, was like unto the preceding one.

Can any rational and impartial mind read these melancholy records of drug-science and not turn away in horror from the whole extended catalogue of (*medicinal*) (!) poisons? It is time, high time, that pregnant women, nursing mothers, and suckling infants, were rescued from the hands of these Philistines of the apothecary shop. It does but little good to talk to or reason with the doctors, who are so busily engaged in dealing destruction round the land. Their judgments are as be-poisoned with false theories as their *materia medica* is with chemical compounds. They cannot understand. But the people can and will whenever their attention can be thoroughly fixed upon this matter.

In concluding this running commentary, I will place in juxtaposition with the above allopathic record the following statement. During the last month I have attended several females through parturition in the water-cure way. The water-cure way, be it understood, is a way of doing *almost nothing at all*. In all the cases above named, and among all the cases I have ever attended or known, as managed hydropathically, I have met with no serious accident, nor the most trifling disease, in either mother or child. The only preparation ever made has been plain, simple living, regular bathing, and a religious abstinence from, and abhorrence of, everything in the shape of "doctor stuffs."

WATER-CURE LECTURES.—Many of our zealous co-workers have commenced promulgating Hydropathy amongst the "people," by calling them together, in towns, villages, and neighborhoods, and lecturing to them on this subject. This not unfrequently "calls out" the "regulars" when a public discussion takes place, and, of course, Hydropathy

(like all other truth) triumphs. This familiar lecturing is just what is most needed at the present time, and we hope every person, who is acquainted with the WATER-CURE, will "turn lecturer," until the "whole world" become informed of its importance, in PREVENTING AND CURING DISEASE. Let every "school-house" become a lecture-room, and every teacher a lecturer.

REVIEWS.

BY DR. H. D. SHEPPARD.

HYDROPATHY FOR THE PEOPLE.—The common fault of most publications on medical subjects, since the world began, is, they are too learned for the unlearned people. Many excellent Water-Cure works are also, to some extent, chargeable with the same misfortune. But here is really a people's book. Perhaps the publishers' names, Fowlers & Wells, are a sufficient guaranty that the work will suit the people at large, for the firm has obtained a world-wide celebrity in addressing the great masses of the human family in an intelligible way, through the medium of understandable books, on almost all subjects relating to "a higher and better destiny."

The work in question is a sort of compendium of the facts, statistics, principles, and arguments bearing on the laws of hygiene, the use or misuse of drugs, and the practical appliances of Water-Cure. The subjects of air, water, diet, exercise, bathing, &c., are discussed in a racy and familiar manner, while the works of science and records of history have been judiciously culled to explain and illustrate the laws for preserving health and attaining longevity, and the true philosophy of the treatment of disease.

Though written by a non-medical man—William Horsell, of London—the book contains an array of scientific facts and an exposition of the unutterable absurdities of the popular (soon to be unpopular) system of drugification, that might well startle the profoundest allopath from his dream of bleeding, blistering, leeching, scarifying, cauterising, poisoning, and otherwise tormenting, maiming, marring, and scarring the "human form divine." No work has yet issued from the prolific hydropathic press better calculated to press home upon the doctors the irreparable ravages of their mis-called medicinal agents, and to impress on the minds of the people the obvious propriety, yea, the stern necessity of taking the business of taking care of their own health into their own hands. In a word, it is a "hydropathy for the people."

Appended to the work is a series of editorial articles from the pen of DR. TRALL, whose extensive experience as a practical hydropath has qualified him to make many valuable explanations and suggestions. Of the character of these the readers of the Journal will need no endorsement.

MISCELLANY:

PROFESSOR WIETING, the distinguished lecturer on *PHYSIOLOGY* and *ANATOMY*, has been spending the winter in New York, where he has delivered several courses of lectures to *fuller houses* than have ever been assembled, so many evenings in succession, by any other lecturer on these subjects. Dr. Wieting stands at the head of his profession as a popular lecturer, unsurpassed by any other man in this country, or probably in the world.

His extensive apparatus, consisting of manikins, skeletons, paintings, and drawings, costing several thousand dollars, are used to illustrate his subject, which, together with the plain, familiar, common-sense instruction which he imparts, enables every one to understand. These lectures cannot fail to produce the most beneficial results on the minds and bodies of all who heard them. The doctor's remarks on patent medicines were particularly good, and those on tobacco of vast importance.

Now that the doctor is leaving us, we tender him our most sincere thanks, and commend him to the kind regard of those whom he may visit in other places, assuring them that a more profitable investment of a few shillings and a few evenings' time, cannot be made.

CONSUMPTION.—In the last number of the *Democratic Review* we find the following observations, which we copy, as an indication "of the signs of the times." The book referred to is entitled *Consumption, its Prevention and Cure*. By Dr. Shew :—*

"We have no fears of the too free use of water, either internally or externally, and would gladly see exchanged for it the 'perilous stuff' which often covers the surface, or deranges the interior. The present work is an admirable compendium of the best directions for the application of water, accompanied with important suggestions from the experience of the author. Its instructions with regard to the gradual approach of consumptive diseases, the management of their Protean symptoms, and the means of arresting their fearful progress, to say the least, are well worthy the attention of the invalid. No person, who has reason to think that his constitution inherits the seeds of consumption, or that it has already commenced its inroads upon his frame, should neglect to put himself in possession of the contents of this book. They are plain, lucid, practical, free from presumption and quackery, and will certainly greatly contribute to the comfort of the patient, if they do not effect his cure."

Thus do the editors of even *political* periodicals "speak out" on the Water-Cure. We do not believe there are a dozen *secular* presses in the United States but what recommend Hydropathy, over all other medical systems, nor can it be long before this will be equally true of "THE PEOPLE."

GLEN-HAVEN WATER-CURE.—It will be seen, by referring to our advertising department, that this favorite establishment has already opened, with improved facilities, and will, of course, become popular.

* Recently published by FOWLERS & WELLS, price 50 cents.

READ THIS SNUFFY TALK.—We recommend the following dialogue to snuff-takers. To understand its peculiar signification and moral, let it be borne in mind that all genuine snuffers, in consequence of the paralysis of the nasal and vocal organs, consequent upon their habit, use *b* and *d* instead of *m* and *n*, and can seldom pronounce clearly some other letters.

"Good bordig, Biss Hardedbrook, how do you this bordig?"

"Why, Biss Gribes! do tell us is that you? Where have you bid this log tibe? Why havb't you bid id to see us?"

"O, I do't go out buch, ad I have bid troubled a good deal with paid in my head ad stobach. I hab it sobe dow, but it's gettid better."

"Ah! well I ab glad ob it; you busn't catch cold, Biss Gribes. Wod't you hab a pitch of sduff?"

"This is very dice sduff, where does it cobe frob?"

"Well, I do'd not dow; I sedt little Tobby after ik, he got it doud street sobwhere."

"Do you dow that bad that goes by every bordig with a tid pail, and carries it back agid at dight?"

"O, that is Bister Jiddings. He works doud to the bashed shop, ad carries his didder with hib. He is a dice young bad, ad they say he is bakid buddy."

"Aidt he the wud that is paid attetid to Bajor Boed's daughter Bary Add?"

"Do, i'sid't Bary Add, it is Ebelide, wud of the twids. I suppose they will bake a batch of it."

"Well, I guess it's tibe for to be a goid."

"Cobe id ad see us agid sood, wod't you?"

"THE WATER-CURE JOURNAL AND HERALD OF REFORMS FOR MARCH.—New York: FOWLERS & WELLS.—This popular work contains a large amount of useful information touching the general laws of health, independent of the Hydropathic system, of which it is the leading organ in the United States, if not in the entire world. Its monthly circulation already exceeds 20,000 copies; and before another year comes round it will probably more than double this number. The water treatment takes with the masses, who prefer bathing to purging; and who find in frequent baptism, not only a renovation of health, but a conscious improvement of mind and morals. Water, as Captain Cuttle says of the sea, is 'a halmighty helement,' and divinely intended for purposes other than navigation."—*N. Y. Mirror*.

ALL RIGHT, neighbor *Mirror*, but the 20,000. If you had said 18,000, you would have hit the mark. Yet we do *hope* and *BELIEVE* that we shall *soon* reach 20,000. However, this all depends upon our friends and co-workers, of whom we are rejoiced to say there are NOT A FEW.

DR. MENDE has just bought the handsome WATER-CURE ESTABLISHMENT of the late Dr. Ruggles, at Bensonville, near Northampton, Mass. The establishment has an abundance of the coldest and softest water, beautiful environs, shady walks, and large, new, and convenient buildings. Farther particulars will be given in New York, by the editors, and by the Doctor, at Northampton.

THE VEGETARIAN CONVENTION will meet on the 15th of May, in New York city.

COD-LIVER OIL vs. WHALE AND SEAL OIL, OR ANY KIND OF FISH OIL.—In the last number of Braithwaite's Retrospect, we find an article, copied from the Medical Gazette, "a Regular," containing a report of nine cases, treated with various kinds of Fish Oil.

"I applied to my oilman for some specimens of the purest and sweetest lamp oil, and procured several varieties of whale and seal oil, decidedly fishy and rank in flavor, but not rancid, or oxydized, or putrescent. In fact, the flavor of the oil commonly called 'southern oil,' the produce of the black whale, which I chiefly employed, is not disagreeable to any one who is free from fancies on the subject; and if mixed with three or four parts of almond oil, is not a whit more offensive to the taste than the common oleum jecoris aselli."

The author then gives us cases, including those of children, in which he attempts to prove that good effects were produced by the use of these oils. We have neither room nor disposition to insert these cases.

In conclusion, the author says:—

"I would therefore suggest, that it is well worth while to make a fair experiment, on a large scale, to determine whether it is fish oil in general that does good, or only the oil of the cod's liver. If, as I believe, almost any kind of fish oil will answer the purpose, then many of the poor will be able to use the cheaper kinds, who could not afford the nicer but more costly cod-liver oil."

Thus we have a confession of this most obnoxious, filthy, and disgusting fish oil, Regular Drug Doctor's trick. Such outrageous cod-liver oil quackery deserves punishment. Think of it. The entire gang of "Regulars," all joining in, and raising such a "hue and cry," recommending to the poor, dying man, such a loathsome "Remedy" as cod-liver oil, and that too when any other fish oil will do just as well, "for the poor." "Oh ye ignorant, or wicked, or designing doctors, ye have much to answer for."

ASA FESSENDEN, of Baldwinville, Mass., has obtained a patent for improvements in machinery for making pill-boxes.—*N. Y. Com. Adv.*

Now, Asa, this is a little too bad. Think of it, a man of such gigantic powers, and with a name, VENERATED as it is, in the State of Maine, where dwells that good old man, known to all Reformers, called "GENERAL FESSENDEN." Why, sir, your invention is almost as useful as that recently noticed in this Journal, called the SELF-LIGHTING CIGAR, and belongs to the "Cod-Liver Oil" department of "Medical Science." Try again, Asa, and you may still further distinguish yourself. Contrast the above, Asa, with the following, and see how you will be looked upon by the world.

"**JAMES CUNNINGHAM**, of Reading, Pa., has obtained a patent for improvement in ventilating railroad cars and steamboats."

Now, Asa, don't you feel small, mean, and contemptible? You are an object of pity.

But here is another, which belongs to the same "Patent Pill-Box class," to whom Asa ought, at

once, to be married; a thriving business would doubtless be the result.

Mary W. O'Meara, of New York—For improvement in abdominal (abominable) supporters.

A CASE.—*Mercer, Ohio, March 8th, 1850.*—Some ten months since, I sent to you for the Water-Cure Manual. For more than three years previous to that time my health had been very bad, from a chronic affection of the liver. I was at times confined to my bed for weeks, took calomel, the blue pill, and quantities of other medicine, but grew worse, and my physicians pronounced my disease incurable. Since I received the Water-Cure Manual, I have kept the blue pill and other medicines lying on the shelf, but have used nothing, as a medicine, except water. My health has been constantly improving, so that I feel now almost, if not quite, a sound man again.

Yours respectfully,

M. COLLINS.

DR. N. BEDORTHA will open again the Water-Cure Establishment at New Lebanon Springs the first of May, where he will spend the summer, and be ready to attend calls and treat patients under the Hydropathic system, as heretofore. The advantages of that place for Water-Cure are well known to the public.

NOTICES.

UNITED STATES CURRENCY.—We are always interested in the politics of our country, and rejoice when any new measure is adopted calculated to benefit every inhabitant.

In 1848 a law was passed authorizing the Postmaster General to issue Stamps of the denomination of five and ten cents, which were to be used to prepay letters. These stamps were sent to all the principal postmasters throughout the Union, and sold in sheets by the quantity to all who wished to use them; some purchasing a dollar's worth at a time, others five, ten, fifteen, twenty, or twenty-five cents worth.

These stamps soon became a regular currency, and when any individual wished to remit a fractional part of a dollar to a creditor in any part of the United States, it was only necessary for him to obtain, enclose, and remit the amount in Post-office Stamps, this being the only national currency without discount (gold and silver excepted) in the country.

This custom of remitting Post-office Stamps has become so general, that publishers offer to receive them to any amount, in payment for books, and all other publications. It is, indeed, a national currency, and is a very great convenience to all our people throughout the Union, and thousands are daily availing themselves of it.

It is the design of the Post-office Department at Washington to supply all postmasters with these stamps, and they in return are expected to supply "the people" in their neighborhood. Thus, we have a regular United States currency, the Postmaster General being President, and all the Postmasters in the Union Vice-Presidents.

IN CANTON, Illinois, our publications may be had of S. B. Hopkins. Subscriptions for the Journal will also be received and forwarded by him.

WILLIAM CLARK, of Rensselaer county, N. Y., has sent us one hundred and forty subscribers for this Journal. We think his name deserves a place among the Reformers of the age. Mr. Clark is a voluntary agent, and works for "the good of the cause," and the "people." He thinks he shall reach two hundred before the expiration of the year.

TO OUR COUNTRY FRIENDS.—We have frequent inquiries as to the best hotel or boarding-house for them to stop at while in the city; and in answer, we would recommend them to Dr. Trall's, 15 Laight street, where they can usually find such accommodations as will suit them. Terms, \$1 per day, or \$6 per week.

MANY of Fowlers & Wells' publications have done great good. We believe "*The Water-Cure Journal*" is among the best of them, and that it has brought an entire revolution in the habits and health of many a family who read it.—*Cleveland True Democrat*.

WATER-CURE JOURNAL.—This is one of the best journals in America.—*Flag of Freedom*.

HON. H. B. STANTON will please accept our thanks for valuable public documents.

TO CORRESPONDENTS.

RHEUMATISM.—Dr. Schetterly has forwarded another communication relative to the case of Mrs. Hazard. In such long standing cases, where the system has become so shattered by disease and drugs, two or three years may be required to work out a cure. Improvement will not always be manifestly rapid. In fact, there may be occasional aggravations, or even apparent retrogradations, when the treatment should be very mild until the system recovers its balance. After the first favorable impression is made, gentleness and perseverance should constitute the "law of progress," thus giving "orthopathy"—nature, every possible chance. Let us hear from her again soon.

SALT RHEUM AND TYPHUS FEVER.—Friend Clark wants to know how to cure salt rheum, so that it will stay cured; also how to manage typhus fever. The latter question is answered in various hydropathic books, especially in "*Hydropathy for the People*;" also in *Water-Cure Journal* of November last. Salt rheum requires general treatment; tepid and cool ablutions, and rubbing wet sheet, with pack sheet as often as twice a week. Great attention must be paid to diet in all skin diseases. The quantity of food must be very moderate, and its quality of the simplest kind—brown bread, wheaten mush, apples, potatoes, with milk, if this article agrees, should be the principal things. Salt and grease, and spices, are extremely bad.

CAN a case of spermatorrhoea be cured without resorting to the operation of cauterization—if so, what book will give the directions?

SPERMATORRHOEA.—This complaint can generally be cured by mild hydropathic treatment, combined with judicious, mechanical pressure in severe cases. We know of no book which pretends to any successful plan of treatment without cauterization.

THE MEDICAL ART AT PRESENT, by S. O. G., will appear in our next.

A FRIEND of Medical Reform wishes to know if we will publish a brief article in the W. C. Journal, describing the Chrono-thermal system of curing diseases.

ANSWER.—Most certainly we will, always providing that it be written in the true spirit. In fact, we shall be glad to lay before our readers *all* systems of medicine. We wish our friends to judge for themselves, after examining the various conflicting opinions of innumerable doctors. We have no fears for Hydropathy, when weighed in the balance with any of the old theories

THE BEST BOOK.—A correspondent asks, what is the best book on Water-Cure for family use, a hundred miles from any establishment, and surrounded by allopaths? We especially recommend two books as containing precise directions, and familiar explanations for home-practice: the *Water-Cure Manual*, and *Hydropathy for the People*.

A C. McD., together with many other readers of the *Water-Cure Journal*, would be very glad to have published the *mode of diagnosis* pursued by Dr. David Ruggles. Will not some friend prepare an article for the *Journal*, giving *all* the particulars?

VENTILATION, by O. V. T., is at hand. Look for it in the May number.

VARIETIES.

WASHING MADE EASY.—Some of our country friends have been greatly imposed upon by an advertisement which has appeared in several of our New York newspapers, which reads as follows:

WASHING MADE EASY;

Or, how to Wash Clothes without Machines, Washboards, or Pounding Barrels.

Send me one dollar, free of postage, and I will send you, by mail, a printed circular, giving plain directions for washing clothes, that will enable one person to do all the washing of a large family before breakfast, thus avoiding all the confusion of a washing day. This method requires no machines, washboards, or pounding barrels—no turpentine, no camphene, or other offensive article—no rubbing the skin off your fingers—no tearing off buttons and wearing out clothes. This plan saves the clothes, makes them whiter, and never injures the finest fabric. The articles used cost but a few cents for a large washing, and can be obtained anywhere.

The circular also contains directions for Starching, Ironing, Washing, Removing Stains, etc., etc.

These are the greatest chemical discoveries of the age. All the hotels, steamers, and large laundry establishments use my method of washing.

To avoid imitations and counterfeits, be sure to direct your letter to—

Now, we would most respectfully recommend our friends not to send a dollar for this washing invention. "The circular" or pamphlet alluded to does not cost three cents to print, yet a dollar is charged for it. Is this honest? We think it a cheat.

For the benefit of the curious, we extract the following from an *exchange*, which explains this "great secret":

WASHING LIQUOR.—A correspondent, who calls himself the "Washerwoman's Friend," says: "There is now a washing liquor sold in Sheffield, at the most extortionate prices, beautifully labeled;" but, for the benefit of washerwomen, who are generally the really deserving poor, we will impart the wonderful secret, which has been obtained from Mr.

Twelvotrees:—1 lb. of soda, 1-2 lb. of lime, 1-2 lb. of soap. The soda and soap are boiled together, and the lime alone, in two quarts of water; and then, after being boiled, are used as required.—*Liverpool Standard*.

Another paper is still more definite:—Dissolve 1-4 lb. of lime in boiling water, straining twice through a flannel bag; dissolve separately 1-2 lb. of brown soap, and 1-2 lb. of soda—boil the three together. Put six gallons of water into the boiler, and when boiling add the mixture. The linens, which must have been steeped in cold water for twelve hours, are wrung out, any stains rubbed with soap, and put into the boiler, where they must boil for thirty-five minutes. They are then drawn, (the liquor being preserved, as it can be used three times,) placed in a tub, and clear boiling water poured over it. Rub them out, rinse them well in cold water, and they are ready for drying.

Thus, we have the whole secret, which appears to be of English origin, brought to America on a speculation. We think it won't succeed.

THE FIRST POETRY WRITTEN IN AMERICA.—A correspondent of the Bangor Whig thus claims for a popular nursery rhyme the honor of being the first effusion of poetry ever produced on American soil.

"The first poetic effusion ever produced on American soil originated in a circumstance which was handsomely explained by one of the Jibawa, or (as we call them) Chippewas. All those who have witnessed the performances of the Indians of the Far West recently in our city, must recollect the cradle and the mode in which the Indians bring up their children. Soon after our forefathers landed at Plymouth, some of the young people went out into a field where Indian women were picking strawberries, and observed several cradles hung upon the boughs of trees, with the infants fastened upon them—a novel and curious sight to any European. A gentle breeze sprang up which waved the cradle to and fro. A young man, one of the party, peeled off a piece of birch bark, and upon the spot wrote the following, which has been repeated thousands of times by thousands of American matrons, very few of whom ever knew or cared for its origin:

Lul-a-by baby upon the tree top,
When the wind blows the cradle will rock;
When the bough breaks the cradle will fall,
And down come lul-a-by baby and all.

The above facts were taken some years since from the archives of the ancient historical society in Boston."

What man or woman, born and brought up on this continent, will not at once recognize in these lines that simplicity and truth which charms our senses, and awakens our hope and fear?

A FLOWERY SPEECH.—At a prayer-meeting held in Exeter, N. H., some time since, the reality of sudden conversion was under discussion, when a Mr. W. arose and proved the reality in his own mind in the following lucid and eloquent manner:

"Brothers and sisters, the reality of this power is beyond a doubt; why, I believe it stronger than I believe my own existence; I believe it, in fact, just as strong as I believe that I yesterday received fifty barrels of flour, and good flour, too, and am willing to sell it out at my place, for six dollars and fifty cents a barrel, to any man in this room." Mr. S. arose, and in his peculiarly affable manner, exclaimed,

"Brother W., wouldn't some other time and place be equally appropriate for you to advertise that flour?"—*Exchange*.

GOOD AND WISE ADVICE.—"Parents should teach their children to love and practice gardening. It will learn them system and order, patience and hope; it will give strength to the body and mind; it will improve the head and the heart. It will teach them self-reliance—that success is the reward of industry and perseverance, while failure is the result of negligence. It will teach them to

'Look through Nature up to Nature's God.'

"What affords pleasure like visiting the scene of our childhood, and there beholding, growing in majesty and pride, the trees we planted in our childish glee! What music so sweet as the shouting of the tempest in their lofty tops!"—*Genesee Farmer*.

Quite poetic and sublime, yet as true as nature itself. Boys and girls, it will be the most pleasant thing you can do to take the advice of this same Genesee Farmer.

THE HUTCHINSONS, from the Granite State, are again with us, and most heartily do our citizens respond to their call. We believe the entire tribe belong to the "Hydropathic Society," and of course, they are all reformers. Their sympathies are with "the people."

EXCESSIVE IDEALITY.—We knew a good lady in New Jersey who whitewashed all the wood she burned.

HORACE GREELEY says this is a free country, and a man isn't obliged to use common sense unless he has it.

BOOK NOTICES.

ORIGINAL VIEWS ON DIET, with Remarks addressed to Consumptive Patients, on the Water-Cure. London: W. Horsell. New York: Fowlers & Wells. Price 25 cents. Of course, the author is a Vegetarian. We copy the following paragraph, which will interest our readers:

"Under the idea that the English, Scotch, and Irish represented three different degrees of flesh-eating, a relative number of each were fairly taken, measured, weighed, and tested by what is called lumber strength, that is, their power of lifting off the ground. The average proved to be as under:

	Height.	Weight.	Strength.
English, . .	5ft. 8-9in. . . .	151lbs. . . .	403lbs.
Scotch, . .	5ft. 9-3in. . . .	152½lbs. . . .	423lbs.
Irish, . .	5ft. 10-2in. . . .	155½lbs. . . .	432½lbs.

"The symptoms of indigestion are, unhappily, too common to require any description, few persons having escaped from headaches, giddiness, and drowsiness after eating; constipation, heartburn, acidity, eructations, and dreaming. But how few there are who trace these to their common source—gluttony. Drunkenness does much to injure health and shorten life, but gluttony more; those who practice the former may live to be old, but a glutton never can. Gluttony has killed more than alcohol, the pestilence, and the sword."

MEDICAL REFORM.—Our friend, Dr. S. R. Jones, has issued a prospectus for a monthly journal, to bear the above title, to be edited by him, and published in Memphis, Tennessee, at \$1 a year in advance. On the reception of the first number we shall have more to say about it.

ANNOUNCEMENT.—The Illustrated Water-Cure and Health Almanac, for 1861, is now being prepared for the press. The object for so early an issue is in order to supply those in season who "buy to sell again." Our market extends from Nova Scotia to New Mexico, including the Canadas, and all the Territories on the American continent. It will therefore be understood why it is that we go to press so much in advance of the time when its calendars will be needed. The reading matter of this Almanac will at once recommend it to every family. Agents and booksellers will order soon, and in such quantities as will enable them to supply each inhabitant with a "Water-Cure and Health Almanac for 1861."

HYDROPATHY FOR THE PEOPLE, with plain observations on Drugs, Diet, Water, Air, and Exercise, by William Horsell, of London, with notes and observations by R. T. Trall, M.D. New York: Fowlers & Wells, publishers. Mailable. Price 50 cents.

An excellent guide for the 'Home Practice' of the Water-Cure in families. It is a 12mo. of 250 pages, with a complete table of contents, and a copious index. This work is highly prized in England, and will have a wide circulation in America. For a further description, see Reviews in this number.

THE STUDENT—A Family Miscellany and Monthly School Reader. Vol. one, new series, commencing on the first of May, 1850. N. A. Calkins, editor. Fowlers and Wells, publishers. Terms, \$1 a year, in advance.

In his prospectus, the editor says:—"This work is published monthly, containing thirty-two large octavo pages, and intended to supply families and schools with valuable reading, combining interest with instruction, and so arranged as to be adapted to all. It is devoted to the Moral, Intellectual, and Physical improvement of Youth; embracing the Natural Sciences, including Astronomy, Botany, Geology, Chemistry, Physiology, and Natural Philosophy."

And in addition to all the useful branches taught in schools, Phonography will be advocated in the 'Student,' and lessons given for those who may wish to examine or learn this method of writing by sounds, the best system of reporting.

Music, Drawing, Natural History, and other subjects of general interest will be introduced.

For further particulars relative to this Magazine of Education, see prospectus in advertising department.

A DEFENCE OF CAPITAL PUNISHMENT. By Rev. Dr. George B. Cheever. New York: John Wiley, publisher.

Here we have an 'able' and 'learned' argument in favor of the death penalty. We regard this very much in the light of an able lawyer attempting to prove that the moon was made of 'green cheese,' and Dr. Cheever's argument is just about as valuable. We have no patience with these fellows who thus throw their time away. Better far set about reforming or improving the condition of criminals, than to bolster up an old barbarous system of killing them, which the humanity of all true Christians would gladly abolish. We consider it a bad book, and although its influence, under any circumstances, would be exceedingly limited, yet we would not advise our friends to spend their money for the book, or their time in reading it.

TRAVELS IN MINNESOTA, the New England of the West, with a map of the Territory, by S. Seymour. Price 75 cents. For sale by Fowlers & Wells, New York.

A more interesting book, of a more interesting country, has not been written. Mr. Seymour possesses unusual powers of

observation, and a retentive memory of all objects which come within the range of his vision. Hence, it would be expected that he would produce a work which would at once introduce itself favorably to the attention of every one interested in the geography, soil, climate, and capabilities of this portion of our country. Those of our Eastern friends who contemplate visiting the West, will do well to read this book. We venture to predict that in less than five years, *we*, in the city of New York, shall be in telegraphic communication with the capital (St. Paul) of this new and thriving territory, appropriately named "The New England of the West."

THE FAMILY VISITOR, a weekly newspaper, published in Cleveland, Ohio, is one of the best family journals within our knowledge. It is adapted to all classes, the young and the old. It is serious, yet lively and entertaining. The agricultural interest forms a leading feature. The Fishes of Ohio, with life-like illustrations, are exceedingly interesting, and most beautifully executed. This alone is worth the price of a year's subscription, which is only \$1.50, in advance. J. P. Kirtland, S. St. John, and O. H. Knapp, are the editors and proprietors.

UNITED STATES RAILROAD GUIDE and Steamboat Journal, published on the first of each month, in a compact 18mo., with a map of the city of New York. Published by G. R. Holbrook & Co. Price 12½ cents.

To all travelers in America we commend this little guide. It contains statistics relating to the various railroad and steamboat routes, the time of starting, and the rates of charges for passage, besides other useful and necessary information.



WATER-CURE JOURNAL AND HERALD OF REFORM—Devoted to Hydropathy and Reform. A year, \$1.

WATER-CURE MANUAL—A popular work on Hydropathy, by Joel Shew, M.D. 50 cents.

HYDROPATHY FOR THE PEOPLE—With observations on drugs, diet, water, air, exercise, &c. 50 cents.

WATER AND VEGETABLE DIET—In scrofula, cancer, asthma, and various diseases. By W. Lamb, M.D. 50 cents.

CONSUMPTION—Its prevention and cure by the water treatment. By Joel Shew, M.D. 50 cents.

THE PARENT'S GUIDE—Relating to childbirth and hereditary transmission. By Mrs. Pendleton. 50 cents.

INFANCY—Or, the physiological and moral management of children. Illustrated. By Dr. Combe. 50 cents.

VEGETABLE DIET—As sanctioned by medical men, and experience in all ages. 50 cents.

EXPERIENCE IN WATER-CURE—In acute and other diseases. By M. S. Gove Nichols. 25 cents.

WATER-CURE—For women in pregnancy and childbirth. Illustrated with numerous cases. By Dr. Shew. 25 cents.

ERRORS OF PHYSICIANS AND OTHERS—In the application of the water-cure. By J. H. RAUME. 25 cents.

PHYSIOLOGY OF DIGESTION—Considered with relation to the principles of dietetics. By Andrew Combe, M.D. 25 cents.

COMBE'S PHYSIOLOGY—Applied to the improvement of mental and physical education. 50 cents.

CHOLERA—Its causes, prevention, and cure; and all other bowel complaints, treated by water. 25 cents.

These books may be sent by mail at a trifling postage. Please address all letters, POST PAID, to

FOWLERS & WELLS,
CLINTON HALL, 131 Nassau Street, New York.

THE WATER-CURE JOURNAL.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

*Translated from the Fourth French Edition, with Notes and
Additions, by NICHOLAS T. BORSBY, M.D.*

(Continued from the March No.)

ON SNEEZING.

SNEEZING is a peculiar phenomenon which succeeds immediately the introduction of snuff into the nostrils of those unaccustomed to it. This effort of nature to rid the pituitary membrane of the nostrils of whatever irritates it, is of great importance to its well-being. It excites the action of the heart, and renders the circulation more active everywhere; it shakes the stomach, the liver, the intestinal mass, all the organs, in fact, and awakens their organic energy; it disturbs the brain by augmenting its vitality in a slight manner, and shocks the whole system: now all these effects are the direct result of sneezing. If, after having spoken of this effort of sneezing, and of the concussion it determines throughout the animal system, we pass to the accidents that the impression of tobacco gives rise to upon the mucous membrane of the nose, we shall have two things to discuss, viz.:—1st, The organic changes that tobacco produces in the nose; and 2d, The consequences of the general perturbation which sneezing occasions when it takes place. First:

OF THE ORGANIC CHANGES WHICH TOBACCO PRODUCES IN THE NOSE.

People think, despite the immense and almost general use of *snuff*, that no inconvenience to the system arises from it. All authors on the subject state facts that prove the contrary; but without giving entire faith, as M. Méral says, in what Barrichius relates (in a letter addressed to Barthelin) of a person who was so empty-headed as to be obliged to use *snuff*, and whose cranium, after death, was found to contain, in place of brains, only a black lump of *snuff*, we do say that *snuff*, being a foreign body, cannot be introduced into the nasal fossas without disturbing their functions. Indeed, tobacco *snuff*, applied upon the mucous membrane of the nose, commences by, at first, weakening the sense of smell, at the same time injuring the integrity of the taste, for some particles will fall in the mouth upon the tongue. It provokes a lively irritation, the blood rushes forcibly through the capillary vessels distributed throughout the parts, and causes congestion; the mucous secretion and exhalation which habitually takes place upon the surface of that

membrane, are singularly and greatly augmented.

Though one continues to snuff only moderately, yet the secretion will become more abundant. But, as people have religiously, we might more properly say, foolishly preserved the conjectures and false notions of ignorant ancient physicians, who ordered *errhines* because they supposed they emptied the brain of torrents of mucus which they conceived accumulated there, it follows from this unfortunate error, I say, that certain snuffers stuff their noses with the vile poison until they blindly develop in that important organ the germs of a multitude of diseases, such as *inflammatory affections, ulcers, lachrymal fistulas, poly-puses, cancers, &c. &c. &c.*

We will now proceed to take a rapid sketch of each of these disorders.

NASAL CATARRH, CORYZA, COLD IN THE HEAD.

These three terms are employed in medical language to express one and the same disease. All authors consider *snuff* as the first and most frequent cause of cold in the head. We will analyze at length all its symptoms. This affection consists, in the beginning, of a dryness, heat, redness, and swelling of the pituitary membrane, with shivering, sneezing, a sense of weight at the root of the nose, a dull, aching pain of the head, loss of smell, sometimes itching of the nasal fossas, with a stopping up of the nostrils, and a decided nasal voice—all the result of congestion of the mucous membrane of the parts. This membrane once congested, inflammation succeeds, and does not remain dry long; it becomes very soon the seat of an abundant aqueous, colorless, ratty secretion, producing by its acrimony excoriation of the upper lip, and angles of the nose themselves.

Most snuffers, thus affected, fail not then to snuff more freely; they fill their noses with *snuff* in hopes of being able thus, as we said above, of purging their brains of the *noxious humors* that it incloses. Henceforth, the thicker the excreting matter becomes, the more they are led to praise the happy benefits of their remedy; they will refuse to renounce their remedy, without doubting, if a healthy person were to employ the same means, it would produce infallibly the same result—that is, the same *purgation*. The inflammation is sometimes most violent; the pain seems to be seated in the frontal sinuses, and is very acute, the head is heavy, and the teguments of the nose and cheeks become swollen, &c.

If, in spite of the sufferings that the snuffer experiences, he continues as usual to take *snuff*, the malady progresses, and either forms abscesses in

the maxillary fossas that are very painful, but generally burst and discharges the thick purulent matter through the nostrils, or else becomes a true chronic catarrh; which consists in a very abundant nasal discharge, differing from the nasal mucus. This matter sometimes remains limpid, colorless, and without odor;* sometimes it is thick, yellow, or green and foetid; sometimes, in fact, it is purulent; in this case there is ulceration of the pituitary membrane, an ulceration that has received the name of *ozena*.

OF OZENA.

This name is given to ulcers seated in the nostrils, from which issues a foetid discharge, and persons affected with this repulsive disease, pass under the generic name of *punais*—one who has a *stinking nose*.

This affection commences, sometimes, among snuffers, with an intolerable stopping up of the nose, which is soon accompanied, and principally at the time the inflamed pituitary membrane passes to the state of ulceration, with headache that is exasperated at night. At other times, they experience only a dull, heavy, deep, itching sensation; the nose swells and reddens; the voice changes, and if the ulcers are visible to the eye, they are seen covered with a grayish scab, or thick, brown, dry, muco-purulent crust, which falls off by degrees each time that the patient blows his nose hard, but fails not to form again soon after.

In fact, it is unnecessary to say a loss of smell, or, at least, a very sensible diminution in this faculty of perceiving odors, is constantly remarked among those snuffers attacked with this repulsive and disgusting disease, against which the surgeon possesses but slight means to relieve, unless the patient renounces the habit of snuffing.

OF FISTULA LACHRYMALIS.

We have already remarked, in speaking of the organization of the nose, that the tears flow into the nasal fossas through two small canals extending from the inner angles of the eyelids and terminating in the nostrils, called lachrymal ducts; and added, that these two canals, like the nasal fossas, are lined with a mucous membrane.

These simple anatomical facts being premised, suppose the nostrils are highly inflamed for an instant by tobacco, what will happen? For however flat the nose may be from congenital defect, or from any other cause, the inflammation, in extending itself into these canals, will terminate, very likely, in obliterating them; and the tears not being able to pass through these ducts, will accumulate in a sac, the walls of which will inflame in turn, and *fistula lachrymalis*, or false opening, will soon appear, which will give exit to the tears and a puriform matter, that will run down the cheeks, and spoil the prettiest face. They are very troublesome to cure.

OF POLYPUS OF THE NASAL FOSSAS.

According to certain authors, this name origi-

* Snuffers fail not to think, then, that they have a bag of water in their heads.

nated from the fact that polypus of the nose sends numerous roots into all the cavities or infractuosities of the nasal fossas, and constrains the respiration, in the same manner that polypus of the sea annoys fishermen with their long arms.

Whatever may be the origin of this name, we call thus commonly, the fleshy, fibrous, fungous excrescences, which can be developed upon all the mucous membranes, but which are more frequently observed in the interior of the nose.

The causes that produce polypus, says MM. Roche and Lanson, are sometimes unknown. Nevertheless, add they, they are so often seen to attack persons who are inveterate snuff-takers, that we are justified in concluding that a continual irritation of the pituitary membrane is not, in many cases, foreign to their development.

A brief sketch of the symptoms of this frightful disease, we hope, will perhaps be the means of inducing some snuffers to abandon forever their snuff-box.

The patient complains first of a stopping up of the nostril, he breathes with difficulty with the affected nostril, he experiences the sensation of a soft foreign body in the nostril, and endeavors, by frequent blowing and sneezing, to get rid of it, as he feels it vibrate when he urges strongly the column of air with which he endeavors to expel it. The nostril soon becomes completely obstructed. The constraint occasioned to the respiration by the polypus is not always the same, nor constant; it is greater during humid than dry weather, and it sometimes happens that the patient feels completely relieved of it for some time after having expelled from the nose a given quantity of limpid serum.

In the first case, the polypus seems to absorb and return its humidity to the air, like a sponge. In the second, its substance is torn, disgorged of serum, and contracts until the wound becomes cicatrized; it then retains again the serum it secretes. When polypuses arise near the posterior part of the nostril, they hang down in the throat; when they originate in the front part of the nostril, they compress the inferior orifice of the lachrymal duct of which we have spoken, and misdirect the course of the tears, and if not, they do not occasion *lachrymal fistulas*, at least a continual flow of tears.

As soon as they have advanced toward the anterior and posterior openings of the nostrils, and filled them up, they penetrate the maxillary sinuses, dilate them, and perforate them to project toward the cheek, or in the mouth by the inferior wall of the orbit, push the eye from its cavity, and send, in fine, branches in the temporal fossas, and sometimes, even, to within the cavity of the cranium, pushing aside or perforating the bone.

Before such a picture, many snuffers may exclaim, they have snuffed tobacco for ten, twenty, or thirty years without ever experiencing the least signs of the affection we have described; but if you are well to-day, can you deny that you may not be sick to-morrow?

"We know not what the morrow may bring forth," says the Bible.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the March No.]

- A, Mastoideus.
- B, Trapezius, seu Cucullaris.
- a, Infra spinatus.
- b, Teres minor.
- c, Teres major.
- C, Latissimus dorsi.
- D, Deltoideus.
- f, Triceps brachialis.
- g. Anconeus.
- h, Extensor carpi radialis longus.
- E, Sacro lumbalis.
- F, Longissimus dorsi.
- G, Glutæus medius.
- H, Glutæus maximus.
- I, Semitendinosus.
- K, Semimembraneus.
- L, Biceps femoris.
- M, Gastrocnemius externus.



PLATE VII.—MUSCLES OF THE BACK FIGURE.

B. TRAPEZIUS.—Arises from the hinder part of the head, from the spines of the vertebræ of the neck, and the eight upper ones of the back; and is inserted into the spine and acromion of the scapula and the clavicle. *Use*—To move the clavicle, scapula, head, and neck. This muscle, passing over the scapula, contributes very much to a certain roundness we see in that part.

a. INFRA SPINATUS.—Arises from the cavity below the spine of the scapula; and, filling that cavity, is inserted into the humerus, a little below its head. *Use*—Draws the arm downward and backward.

b. TERES MINOR.—Arises from the inferior costa of the scapula adhering to the capsular ligament, and is inserted into the outside of the external tubercle of the humerus, below the infra spinatus. *Use*—To roll the humerus outward, and to draw it backward.

c. TERES MAJOR.—Arises from the lower angle of the scapula; and is inserted into the humerus, with the latissimus dorsi. *Use*—Helps to draw the arm downward and backward.

f. GEMELLI, or TRICEPS BRACHIALIS, is composed of the brachæus externus, which arises about the middle and hinder part of the humerus; the musculus longus, which arises from the lower side of the scapula; and the musculus brevis, which arises from the hinder part of the humerus. These three make one tendon, which covers the elbow, and is inserted into the hinder part of the olecranon. *Use*—To extend the fore-arm.

C. LATISSIMUS DORSI.—Arises from the hinder part of the spine of the ilium, from the upper spine of the os sacrum, from the spines of all the vertebræ of the loins, and from the seven lower ones of the back: it passes by the lower angle of the scapula, to which some of its fibres are fixed, and, joining with the teres major, is inserted with it into the humerus, three fingers' breadth below its head. *Use*—Helps to draw the arm downward, and obliquely backward. This muscle, at its

* From the London Hand-Book of Anatomy, for the use of Students of the Fine Arts. With additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the *WATER-CURE JOURNAL*.

origin, is so thin, that it does not hinder your seeing the action of the muscles that are underneath it; but toward its insertion it becomes very thick and fleshy.

E. **SACRO LUMBALIS**.—Arises from the upper part of the os sacrum, and back part of the spine of the ilium; and is inserted into the back part of the ribs, near their root.

F. **LONGISSIMUS DORSI**.—Arises from the same origin as the last muscles, and is inserted partly into the processes of the vertebræ of the back, and partly into the ribs.

These last two muscles keep the body erect, bend it backward, and sustain it when bent forward; and when they act only on one side, they draw the body sideways. Although these two last, and the splenius, are entirely covered by the trapezius and latissimus dorsi, their action and shape appear very plainly.

G. **GLUTÆUS MEDIUS**.—Arises from the spine and dorsum of the ilium; and is inserted into the back part of the trochanter major. *Use*.—To pull the thigh outward, a little backward; and rotate it inward.

H. **GLUTÆUS MAXIMUS**.—Arises from the external surface of the ilium, from the os coccygis and os sacrum; and is inserted into the thigh-bone, a hand's breadth below the great trochanter. *Use*.—To extend and rotate the thigh inward.

I. **SEMITENDINOSUS**.—Arises from the protuberance of the ischium, and is inserted into the inner part of the tibia, below its articulation with the fibula. *Use*.—Helps to bend the leg.

K. **SEMIMEMBRANOSUS**.—Arises from the protuberance of the ischium, and is inserted into the upper and back part of the tibia. *Use*.—Helps to bend the leg. N.B. These last two muscles form the inner hamstrings.

L. **BICEPS FEMORIS**.—Arises by two heads, one of which arises from the tuberosity of the ischium, the other from the linea aspera of the thigh-bone: they both join together, and are inserted, by one tendon, into the upper part of the fibula. *Use*.—Helps to bend the leg; and is likewise employed in turning the leg and foot outward, when we sit down. N.B. This muscle forms the outer hamstring.



PLATE VIII.—MUSCLES OF THE SIDE FIGURE.

A, Deltoides.

B, Biceps brachii.

C, Brachialis internus.

D, Supinator radii longus.

E, Triceps.

F, Trapezius, seu Cucullaria.

G, Latissimus dorsi.

H, Serratus major anticus.

I, Obliquus descendens externus.

K, Glutæus maximus.

L, Glutæus medius.

M, Rectus femoris.

N, Vastus internus.

O, Vastus externus.

P, Tendons of the semimembranosus and semitendinosus muscles, forming the inner hamstring.

Q, Tendon of the biceps femoris, forming the outer hamstring.

S, Gastrocnemius externus.

T, Soleus.

U, Peroneus tertius.

V, Extensor longus digitorum pedis.

W, Tibialis anticus.

C. BRACHIALIS INTERNUS.—(This is partly covered by the biceps)—Arises from the middle and internal part of the humerus, on each side of the deltoides; and is inserted into the upper and fore part of the ulna. *Use*—To bend the fore-arm.

H. SERRATUS MAJOR ANTIQUS.—Arises from the six lower true ribs, and from the first and sometimes the second of the false ones, by so many distinct portions, resembling the teeth of a saw; and is inserted into the base of the scapula. *Use*—Moves the scapula forward; and, when the scapula is forcibly raised, to draw the ribs upward.

CASES OF FEVER AND DELIRIUM.

BY J. A. SPEAR.

THE circumstances that first drew my mind to the subject of WATER-CURE, were two accidental cases that a respectable old gentleman related to me seventeen years ago.

The first was that of a robust man, who had been suffering a number of days with a burning fever and delirium. He was so raving, that it required two strong men to manage him. Medical treatment was resorted to, but to no apparent benefit. At last, as there was no other way of escape, he suddenly raised the window, leaped out, and ran with all his might into the meadow, with no other clothes on but a shirt. It was early in the morning, and the grass was tall and wet. His attendants pursued him as fast as possible, but fell considerably in the rear. After running awhile, he took a circuitous route, which brought him back to the house, and he went in at the same window that he went out at. Being wet nearly all over, he immediately secured himself under the bed-clothes, was calm, and soon enjoyed a profuse perspiration. Health returned rapidly, and his anxious friends were relieved of further trouble in guarding and waiting upon him. Thus, exercise, air, and water, (the three best physicians) did what drugs and friends had failed to do.

The other was the case of a gentleman who was suffering under the compound disease of drugs and fever, and strictly denied a single drop of water to cool his parched tongue. After his physician informed him that it was impossible for him to get well—that everything had been done for him that could be, and all to no benefit, the thought intruded itself, that a little cold water could no more than kill him. But he plead for it in vain, till at length his watcher happened to fall asleep. Then, like the suffering captive, he seized upon his last, his only chance. Being unable to walk, or even stand, he managed so as to get himself off from the bed, crept to the door, opened it, and succeeded in getting to a cold spring several rods from the house. He drank a little, and paused a few moments, and then drank a little more, and so on, thinking that, in all probability, he should drink enough to kill himself, but contented himself with the idea, that it was nobody's business but his own, if he did. He continued to drink till he judged he had drank two quarts. Then he returned to the house somewhat invigorated, and succeeded in getting into bed without waking his watcher. When his watcher awoke, he found

him enjoying a quiet sleep, and bathed with a warm, profuse perspiration. In the morning the physician said he was certainly better, that the fever had abated, and he would get well. Then he told his physician and friends what he had done, but they would not believe him until they went and found the print of his knees by the spring. The gentleman continued to get better, until he was quite well.

An aged physician informed me that he once had a patient who had been very sick a long time with a fever, and at last he was called to him in a hurry, and found him to all appearance almost gone. He appeared to be sinking very fast, and alcoholic stimulants had not seemed to raise him in the least. Said he, "I felt doubtful about raising him, and as I was thinking pretty fast, I asked him if there was anything that he wanted. 'Yes,' was the reply, 'I want a little water, and if I can't have that, I want some brandy.' The water was granted just as he wanted it, and in a few minutes the almost dying man began to revive." Said the old doctor, "I said nothing, but always thought the water saved his life."

I might mention several other cases, that at the request of the patients, the watchers have given them water secretly, when the physicians and friends had strictly forbidden it. But in no case did I ever hear of any injury being done when the patient really desired it. Nature desires what it needs, and receives it with gratitude. If the drug treatment were in harmony with Nature's laws, and disease so changed the organism as to make a demand for drugs, then those drugs that would cure or eradicate the disease, would be received by the diseased system with the same pleasing sensation as rest is to the weary, food to the hungry, or drink to the thirsty.

But, says the physician, the amputation of a limb, or any other surgical operation, does not produce a pleasing sensation, though they are often rendered necessary.

To all such objections I answer, that a rotten tooth is not restored to health or cured by being extracted, neither is the mangled or perishing limb restored to health by being amputated. Their life is destroyed by being separated from the living system. This is exactly the opposite from curing or restoring to health. But it is in perfect harmony with the drug treatment, as is proved by the rapidity

with which the medicinera and druggista populate the grave-yard. Every sensation and every fibre of the human system loathes and abominates drugs, and their tendency is to irritate and destroy the living principle. They goad the system to increased action, as the spur does the horse; therefore they are tormentors—not restorers. No one thing has cost mankind more pain, misery, and real suffering, than the idea that man should *poison himself because he is diseased*. That was what gave birth to intemperance, and now sustains the hydra monster, while annually it drinks the blood of millions, and basks in the afflictions and tears of those it has pierced. It is utterly impossible to save mankind from physical sufferings, while the *base idea* is cherished that *man should poison himself because he is diseased*.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—NO. 5.

MILD Practice of the Ancient Physicians—Patriotism of Hippocrates—Teachings of Hippocrates—Greek Surgeons—Surgery of the Homeric Age—Machaon's Triumph in Surgery—Practice of Patroclus—Captain White's Narrative—Homeric Diet in Wounds—First Mineral Doctor—Truth not Followed—Medicine in Japan—Superstitious Notions—Pestilence at Rome—Indian Notions—Surgery in Advance of Physic—Human Sacrifices—Negro Surgery—Hottentot Surgery—Indian Surgery in North America—General Sketch of Ancient Practice.

MILD PRACTICE OF THE ANCIENT PHYSICIANS.—Isocrates has preserved a precept from the Books of Lot, which says, that no medicine was to be given which might not be swallowed with as little danger or disturbance as our ordinary food. The early Greeks pursued the same mild plan of administration, as appears clearly from such fragments as remain of their first philosophers. Even after the Grecian physic was formed into a science by Hippocrates, the same gentle method was continued. The management of diet, or its regulation, in point of quantity or quality, and the time of administering, was the great means of cure resorted to in many cases, by the Father of Medicine.

PATRIOTISM OF HIPPOCRATES.—It is said that Artaxerxes, on the plague breaking out in Persia, made to Hippocrates the most magnificent offers if he would visit his kingdom; and, on his positive refusal, sent a fleet to seize him; but the great man had gone to Athens, whence most of the doctors had fled, to stay the ravages of disease there, and is reputed to have been very successful in his endeavors.

TEACHINGS OF HIPPOCRATES.—The grand outlines of his doctrines have already been presented in our article on physiology, such as the *circulation of the blood*, life power, and vis medicatrix nature, his laws being even in our time the standards, and will probably continue such while our organization remains in its present state! "We have been liberal," says the learned

and celebrated Professor Martyn Paine, "here and elsewhere in our quotations from Hippocrates, as we believe them to concern fundamental principles, which shall endure till the order of nature is changed. We acknowledge him as our guide in the pursuit of truth, and we do but extend his views in the practical application of great elements. That he has come short of the entire philosophy of diseases is certainly true; and it is only astonishing that he succeeded so well in drawing the grand outlines. It should be also considered that the art of printing was then unknown, and that it is the province of extraordinary genius to unfold the laws of nature, to group her phenomena into general truths, and to leave to mankind at large their illustration by endless facts, and to weigh specifically the adaptation of principles to individual subjects. True, it is laid to the charge of Hippocrates, that he sometimes confounded the nerves with the tendons, that he supposed 'the popular phrase of the black bile passing into the blood to be consonant with the science, and that he was even guilty of imagining the brain to discharge its phlegm through the nostrils. But these are among the rare blemishes upon his system of medical philosophy; and that this extraordinary man had a general knowledge of healthy and morbid [unhealthy] anatomy, is evident from every page of his writings, for without such knowledge he could never have attained that philosophy in relation to disease and its remedies, which must forever remain the great basis of medical science."

GREEK SURGEONS.—It is said to be an omission, chargeable upon many historians of medicine, that they have neglected the universally high rank of the early Greek surgeons. They were all, in fact, petty sovereigns, and the ascriptions of medical honors to them was considered as their highest praise. In one instance, a fee was received for service in accordance with the benefit rendered, and as the story is interesting, we will relate it. Stephen of Byzantium states, Podiliarius, in his return from the siege of Troy, being shipwrecked on the coast of Caria, he was called to visit the king of the country's daughter, who had accidentally fallen from a house-top, and that he cured her from the effects of the bruises she had received by letting blood at both arms. The legend adds, that the fee received was the hand of the lady in marriage; together with the Chersonesus of Caria, where he afterward founded the two cities of Syrne and Bubastus. This peninsula was exactly opposite to Cos, the birth-place of his father Hippocrates and himself, so that the dowry formed quite a convenient principality.

SURGERY OF THE HOMERIC AGE.—In the eleventh Iliad, as Dr. Millar observes, we have a good example of the high estimation in which a knowledge of surgery was held among the chiefs and leaders of the Homeric age. The passage relates to Machaon, brother of Podiliarius, who ranked next in skill to his father, Esculapius. By some omission, the first line of the passage is not rendered at all in Pope's translation:—

"The spouse of Helen dealing darts around,
Had pierced Machaon with a distant wound;
In his right shoulder the broad shaft appeared,
And trembling Greece for her physician feared.
To Nestor then, Idomeneus begun:
Glory of Greece, old Neleus' valiant son!
Ascend thy chariot, haste with speed away,
And great Machaon to the ships convey.
A wise physician, skilled our wound to heal,
Is more than armies to the public weal."

MACHAON'S TRIUMPH IN SURGERY.—In the fourth Iliad, Menelaus is wounded by an arrow, and restored by Machaon. Pope gives it thus:—

"Where to the steely point the reed was joined,
The shaft he drew, but left the head behind;
Strait the broad belt, with gay embroidery grac'd,
He loosed; the corselet from his breast unbraced;
Then sucked the blood, and sov'reign balm infus'd,
Which Chiron gave, and Esculapius used."

The most remarkable circumstance here is that of curing flesh-wounds by suction of the blood, adopted by Machaon, a practice common to many savage nations, and among others, to the Iroquois Indians.

PRACTICE OF PATROCLUS.—This example, in its surgical description, is more minute than the other. Patroclus had been instructed by Achilles, a pupil of Chiron, and the wounded Eurypylus, aware of this fact, asks the assistance of his friend—

"But thou, Patroclus, act a friendly part,
Lead to my ships, and draw this deadly dart;
With lukewarm water wash the gore away,
With healing balms the raging smart allay,
Such as sage Chiron, sire of pharmacy,
Once taught Achilles and Achilles thee.
Of two famed surgeons, Podaliarius stands
This hour surrounded by the Trojan bands,
And great Machaon, wounded in his tent,
Now wants that succor which so oft he lent."

Dr. Millar thus translates literally the conduct of Patroclus, in granting the request of his friend:—"Patroclus having made an end of speaking, lifted upon his breast the shepherd of the people, and bore him to his tent; there his approach being perceived, cowhides are spread by his attendants upon the floor. Patroclus having stretched himself upon them, cut out of his thigh with a knife the sharp, exceedingly bitter missile weapon, washed away the black blood with lukewarm water, and applied a bitter root, previously bruised betwixt his hands, capable of abating pain. The root removed the whole pain, the wound dried, and the bleeding ceased."

CAPTAIN WHITE'S NARRATIVE.—The use of rubbing the root here betwixt the hands was to render it more fibrous and flexible, and, of course, its contact with the wound more perfect, as also to elicit a portion of its juice. Rude tribes generally chew or bruise their vegetable simples before they apply them. Captain White relates, that while shipwrecked in Lagon Bay, on the southern coast of Africa, he perceived the natives to cure wounds by means of an aromatic asstringent herb. He observed them use it to cure any bleeding wound with success, by chewing and applying it to the part. They likewise informed

him they could always cure pains with it in the same way.

HOMERIC DIET IN WOUNDS.—The regimen adopted during the cure will hardly meet with the approbation of modern surgeons. The following elegant and precise translation of Pope shows that practiced by Machaon in his own case:—

"The draught prescribed, fair Hecamede prepares,
Arminoe's daughter, graced with golden hairs;
(Whom to his aged arms a royal slave
Greece, as the price of Nestor's wisdom, gave)
A table first, with azure feet, she placed,
Whose ample orb a brazen charger graced;
Honey new pressed, the sacred fount of wheat,
And wholesome garlic, crowned the savory treat;
Next her white hand an antique goblet brings,
A goblet sacred to the Fylian kings.
From eldest times, embossed with studs of gold,
Two feet support it, and four handles hold;
On each bright handle, bending o'er the brink,
In sculptured gold, two turtles seem to drink—
A massy weight, yet heaved with ease by him
When the bright nectar overlooked the brim:
'Temper'd in this, the nymph of form divine
Pours a large portion of the Rhamnian wine;
With goat's-milk cheese, a savourous taste bestows,
And last with the smiling surface strews.
This for the wounded prince the dame prepares—"

FIRST MINERAL DOCTOR.—Melampus is reported as the first person who discovered the efficacy of a briek cathartic in the treatment of melancholy or madness. He is also the first who ventured to exhibit internally a substance derived from the mineral kingdom. The purge he used was the black hellebore, which long was known in botany by the appellation of Melampodium. The mineral substance he prescribed was the rust of iron infused in wine, and administered as a tonic. He is said to have learned his secrets, after a solemn sacrifice, from the vulture, a bird sacred to Isis, the great medical divinity of the Egyptians. The gratitude of Greece erected temples to Melampus, where divine rites were solemnized in his honor.

TRUTH NOT FOLLOWED.—Great as was the reputation of Hippocrates, yet his doctrines did not become so universally diffused as we might have expected, and although a few faithful observers of nature kept his system strictly in view, both in teaching and practice, yet the majority continued, as before, in darkness, and the treatment generally pursued was as erroneous as if he had never existed. Thus, even in Egypt, where better things might have been expected, so little was known of the unity of the body and the laws of life, that Herodotus tells us, that in his time the art of medicine was so practiced in Egypt that there was found an individual healer for each individual distemper. Hence the whole country was filled with doctors. Some took charge of disorders of the eyes, others of those of the head, others of those of the teeth, others of those of the abdomen, and others, again, of secret diseases.

MEDICINE IN JAPAN.—Owing to a similar cause, the same state of things exists now in the empire of Japan. General tenets of anatomy,

physiology, and pathology being utterly unknown, everything in that island is empirical, and, as among other empirics, the art is split into a thousand departments. Some practitioners pretend to cure only internal, others external maladies. There is even a difference in the mode of producing sores by burning, some doing it with red-hot needles, others by setting fire to the down of mugwort. All is cut up into minute divisions, and there is no single individual who attempts the treatment of any number of diseases, whether external or internal. This will always be found a characteristic of semi-barbarism.

SUPERSTITIOUS NOTIONS.—Were not the foolish conduct of the ancients repeated in our own times, it would be exceedingly difficult to credit the accounts we receive of their ideas of disease, especially when of a pestilential character. Yet the cholera of last summer was regarded as a special pest, being looked upon in the same light as its prototype, the plague, was viewed by the early nations. During the tenth year of the Trojan blockade a dreadful disorder broke out in the intrenchments of the Greeks, sweeping away whole ranks of the besiegers. As usual, the disaster was never once imputed to natural causes, and, accordingly, no application made for assistance to any of the medical chiefs. The evil was attributed to the operation of the vengeance of the god Apollo, because the commander-in-chief had refused to rescue from captivity the daughter of his priest. The remedies resorted to were the restoration of this female, prayers, lustrations, and hymns of praise. Modern travelers have shown us that the position of the Greek camp exposed it completely to the marsh effluvia, and that at the present time, whenever there is an overflow of the rivers, it is exceedingly unhealthy.

PESTILENCE AT ROME.—In perusing the early annals of Rome, a destructive pestilence is observed every few years to break out within the walls, and which is as regularly imputed to the anger of some of the tutelary deities. In 116 years, four of these plagues occurred. The reason is, that the city was built on low, marshy ground, and had a marshy district around it, which is even now the cause of great sickness, and, as Revere says, will eventually depopulate the "Eternal City."

INDIAN NOTIONS.—The small-pox, which has often extirpated whole tribes of the Indians, is not regarded by them as contagious, but is solely and invariably imputed to the displeasure of some malignant divinity. So in Hindostan, where the endemic liver complaint is laid to the Jiggahars, or liver-eaters, and these poor creatures often tortured for the imaginary crime.

SURGERY IN ADVANCE OF PHYSIC.—It is an error to suppose that the early nations were ignorant of anatomy. Wherever sacrifices were offered, they answered as the substitute of dissections. Not only must the victim be of good

form externally, but the internal parts must also be without blemish; so that the fabric, configuration, and position of the various deep-seated organs became the subject of minute scrutiny, as it was on these, according to ancient belief, that the gods impressed those marks which were to manifest their good-will or displeasure toward men, and also point out to them the course of future events. The liver seems to have been the viscus principally resorted to for information of this sort; and the accuracy with which it was inspected appears from the number of parts into which it was distributed during the investigation.

HUMAN SACRIFICES.—Not only were the lower animals offered, but also the human race itself, for it would be difficult to name a people whose early history is not stained with cannibalism, and sacrifices of their fellow-men. The Shepherd Kings of Egypt have been celebrated for the skill they displayed in investigating the corporeal structure of their species. Cortes found the abominable rites of human sacrifice to have arrived at the most shocking extent in Mexico, some four thousand victims being annually slaughtered in honor of the war-god. Acosta tells us that the high-priest opened the stomach of the victim with a knife made of a large and sharp flint, with considerable dexterity and nimbleness, tore the heart out with his hand, which he held up, yet reeking, toward the sun, to whom he offered it, and then turning toward its representative, the idol, cast the heart at its feet. Dr. Millar has well observed, that the Mexican practice evinced no inconsiderable knowledge of dissection, as for the purpose of extracting the human heart, it will be found a quicker method to plunge the knife into the stomach, perforate the midriff, or diaphragm, and thus gain access to it, than to open the ribs in the usual way.

NEGRO SURGERY.—The Negro nations that inhabit the southern coasts of Africa discover considerable acquaintance with several manipulations of surgery. Thus the natives of Congo and the Gold Coast understand very well how to bleed, and employ with sufficient effect a species of cupping-glasses made after their own fashion. A Portuguese missionary relates, that while in Congo, being ill of a tertian ague, he was let blood by the king's brother, with as much dexterity as is customary in Europe. The blacks that inhabit the kingdom of Iссini remove the pleurisies of their country by deep scarifications on the shoulders, whence they extract the blood by pieces of horn, used after the manner of a cupping-glass. The horn of a bullock, perforated at the end, is put over the part after the incisions are made, the operator then sucking the air out and closing the orifice with wax; the discharge produced is in general plentiful. Father Soyer tells us, that the same people, by means of their simples, cure wounds of extraordinary depth, as five inches, and even where the bone has been exposed.

HOTTENTOT SURGERY.—The Hottentots are not less skillful than the Negroes of the western coast. Acquainted with the powerful effects in inflammatory diseases, produced by loss of blood artificially, they open a vein with adroitness, and suck the quantity of blood required by means of a cow's horn. Their incisions are two in number, each about an inch in length. In dislocations, they first try to supple the parts by friction with grease, and then proceed to reduction. They can cure even poisoned wounds by these simples. Mungo Park tells of similar skill shown by the Mandingoes. He says, the management of fractures and dislocations among the people is highly successful, and their splints and bandages simple and easily removed. They open abscesses by burning into them with a red-hot iron.

INDIAN SURGERY IN NORTH AMERICA.—The Iroquois nation, as we have before mentioned, restore injuries of soft parts with uncommon rapidity, by means of a method of suction, formerly well known in French practice, and of late highly extolled by John Bell, one of the first modern surgeons. The savages of Canada let blood by means of scarifying with pointed reeds, or sharpened pieces of stone. The flow of blood is promoted by a rude cupping-glass, formed of a species of gourd. They apply red-hot iron in a variety of ways to cauterize, and are also very successful in curing wounds. Lafitan celebrates their skill in ruptures, dislocations, and fractures. Ulloa tells us that the natives of Carthagena Bay far exceed the Europeans in extracting the guinea worm. Even the rude Patagonians, as Magellan tells us, who first discovered and named them, appear acquainted with the alleviation of pain experienced in diseases by withdrawing a quantity of blood from the body. Thus, when seized with headache, they cut themselves across the forehead so as to let the blood flow; while, in pains of other parts, they have recourse to similar incisions. To excite vomiting, they touch the top of the fauces with an arrow.

GENERAL SKETCH OF ANCIENT PRACTICE.—We have now given a general sketch of ancient medicine and surgery, and by comparing them with the same arts as practiced in barbarous nations in our own day, have proved that mankind all begin in about the same way; and also, that the original faculties of civilized and savage are identical, the difference lying in the cultivation. Our after articles will show the gradual progress of the art of healing, and that, despite conflicting theories and occasional standings-still, it has slowly improved, and will continue to advance until for every pain there shall be found a remedy, and sickness and sorrow be no more.

THE FASHION.—While thousands fall by clashing swords, ten thousands fall by corset boards. Yet giddy females—thoughtless train!—for sake of fashion, yield to pain.—J. S. E.

VENTILATION.

BY O. V. THAYER.

It is much to be regretted that, in connection with the various improvements which the style of building and the internal arrangement of our houses have undergone within the last ten years, more attention has not been paid to the means for ensuring a free ventilation throughout every apartment. In the large and sumptuous dwellings of the rich, the wide halls, lofty ceilings, and free communication existing between the principal apartments, prevent, it is true, most of the causes of complaint in this respect; but in the more numerous and humble dwellings, occupied by the poorer class of community, the mechanic and artisan, and in the buildings appropriated for workshops, stores, warehouses, churches, and lecture-rooms, the means of ventilation have, in too many cases, been sadly neglected. If our churches were properly ventilated the clergymen would not preach so often to a sleeping congregation. As a necessary consequence, cleanliness is prevented, and the health and comfort of the inhabitants and inmates prejudiced to a greater or less extent. A free circulation of air in and about a building is of too much importance to allow of its being sacrificed from motives of economy, avarice, or mere convenience. Air, when it is confined for any time within a room, or rendered stagnant by any other means, soon becomes not only unfitted for respiration, but absolutely destructive to life.

Under such circumstances, its composition is quickly changed from various causes; while at the same time it is loaded with dust, and deleterious exhalations given out by the human body, even in health, or produced from the decomposition of animal or vegetable substances. Every one who has entered a bedroom where one or more persons have slept during the night, or that has been completely shut up for even a few days, whether inhabited or not, must have been struck with the peculiar smell of the air in it, and experienced the disagreeable sensation caused by its admission into the lungs. Many complain of the unpleasant smell and dampness of their houses, without suspecting for a moment that this is merely the result of defective ventilation. It is all-important, therefore, that the air from without should be allowed to enter freely into every part of a building, if not in a continual current, at least at frequent intervals, so as fully to expel that previously existing in the several apartments. The causes of deficient ventilation are either the location of the building, the want of free communication between the different rooms in each story, or the situation of the doors and windows so that they will not admit a free current of air. The healthfulness of a dwelling is increased very considerably by allowing to it a capacious yard, which may be either paved or covered with grass, or cultivated as a flower-garden. I would urge again the great necessity of having your sleeping-rooms well ventilated; they should be spacious, and every day thrown open to the free circulation of air.

CONSEQUENCES OF DRUGGING.

THE ADHESION OF INDURATED MUCUS TO THE WALLS
OF THE ALIMENTARY CANAL.

FROM THE GERMAN OF RAUSSE, BY C. H. MEEKER.

(Concluded from the April No.)

THE existence of a structure in the mucus and its insolubility in water, proves that it is inveterate, and has been indurated. The size of the coherent lumps of mucus and nets of mucus repudiate the thought that the mucus in question could have lain in the inside of the membranes of the stomach. For a secretion of bodies of mucus possessing a structure of the length of an inch and corresponding breadth from the glands of the stomach, or through the tissue of the skin, is unhesitatingly a physiological impossibility. We are, therefore, from all sides constrained to the acceptance, that bodies of mucus of the described character must have been existing in the cavity of the stomach, and already adhering to its folds, for a considerable length of time. If, then, co-temporaneously with the vomiting of mucus, the taste of medicaments formerly taken is distinctly perceived; if, moreover, the mucus and the fluid have the color of the medicament tasted, then the opinion, that the medicament, upon its entrance into the stomach, was enveloped in freshly-made mucus, and in this gradually hardening mass had adhered to the folds of the stomach, appears to be perfectly justified. In support of this opinion is to be added, that no ground can be discovered which disputes the possibility of an adhesion of mucus in the folds of the stomach. On the contrary, very many analogies speak in its favor. For instance, if the glands are diseased, mucus settles firmly upon the teeth, and hardens upon them to that solid concretion which people in common life are accustomed to call Tartar, and which is removed from the teeth periodically by dentists. If any one will raise the objection, that the internal-skin of the stomach is thoroughly lubrical, and provided with numberless glands and organs of secretion, and that for this reason an adhesion of mucus upon the folds of the stomach is not possible in such a manner as upon the dry teeth, I reply, the healthy and normal stomach, especially of beasts, possesses the capability of forcing needles accidentally swallowed crosswise through all lateral tissue gradually to the exterior, and of casting them off. But in every respect the condition of the diseased and medicine-ruined stomach is quite otherwise. By long-continued drugging, particularly if the medicines employed are of a more acrid and poisonous nature, the stomach and bowels are in places gradually organically destroyed, excoriated, sometimes morbidly softened, again morbidly indurated, now abnormally attenuated, now equally thickened, and again affected with chemical inflammation and suppuration. These facts are by no means subject to doubt and dispute; the occurrence of these diseases is recorded in all pathologies and well known to all drug-physicians, and it affords the most decided proof of the possibility

of adhesion of mucus and induration of mucus in the alimentary canal. Many kinds of indurated and disorganized places in the stomach secrete no fluid at all, are by no means lubrical, and offer, therefore, quite as little impediment to the adhesion of mucus as the teeth do. Indeed, we are justified in saying, that in alimentary canals which have indurated tracts along them, the adhesion of mucus must frequently be much greater than upon the teeth of such persons. For with these individuals there is much more diseased mucus present in the alimentary canal than in the mouth, and it has at all events a much longer sojourn in the former organ than in the latter, whence it is more speedily removed by the act of spitting.

In opening the alimentary canal by section, the part covered with indurated mucus may present itself to the eye in no other light than any other ordinary induration of the stomach, usually combined with somewhat thickening of the membrane, frequently also not. Most certainly there are gastric indurations of another kind, which consist in the conversion of the organic tissue in places into indurated substance, which have not been covered with mucus. The distinction of these different indurations escapes a superficial examination, and certainly physicians have in dissections frequently mistaken gastric indurations with adherent mucus and containing medicaments, for simple indurations of the organic tissue alone. Indeed, it need scarcely be observed, that that part of the stomach which is permanently covered with mucus, must necessarily perish organically, even in the inner tissue. All indurations found in the alimentary canal should be cut out by physicians, and subjected to hard boiling in water, in which the indurated mucus will without doubt resolve itself, although not into the original fluid mucous substance, still into the above described mucous body, having a perceptible structure. They would then make the discovery, that the water used in the boiling process was impregnated with medicinal substances, and that in most cases it would have either an acrid, sour, biting, or medicinally disgusting taste. Frequently they would be enabled to discover, also, metallic poisons in the water, by means of reagents.

When, as was above shown, Fxx found in a tumor of the left hypochondrium of a syphilitic patient treated with mercury a stone-like concretion which contained quicksilver, the fact is thereby also proved by experience, that poisons and medicaments in mucus may deposit themselves in the body, and that this mucus in the course of time hardens to a stone-like concretion.

It is well known to every chemist, that certain bodies can be compressed by condensation from a large volume into an incredibly small one. In regard to this facts have been attained which border upon the incredible. Also, mucus is compressed, by induration to a stone-like concretion, into an incredibly small space. I consider it very possible that a mucous mass, which in its fresh state occupies several cubic feet, does not

in a state of perfect hardness occupy the space of one cubic inch.

It need, indeed, scarcely be observed, that all that has been said of the adhesion and induration of mucus in the stomach, relates also in like manner to the intestines; and indeed it is a decided fact, that long-continued drugging desiccates and in tracto disorganizes the intestines, much sooner than the stomach, and consequently that indurated mucus is much more frequently found in the bowels than in the stomach. According to my experience, I would say that this ratio holds as sixteen to one in practice. The mucus, which by the use of water clysters is carried off in the water-cure, has likewise, when it is already old and indurated, as was above noted in regard to old mucus in the stomach, a perceptible structure, and is soluble in water into smaller forms of structure, but not into the original fluid and formless substance of mucus.

It is well known that, with rare exceptions, only such patients go to water-cure establishments as have already emptied to the dregs the vials of the apothecaries, who after long years of drugging have suffered only exaggeration of their afflictions, and who have been declared incurable by their physicians, if not to the face of the patient, at least behind their backs; since, as shown, the adhesion of mucus is only an effect of much drugging, and since in water-cure institutes especially the strongest medicine eaters are found, it follows that among water-cure patients very many must be found with indurated mucus in the alimentary canal, still I have observed in my establishment, that among sixteen patients only one got a vomiting crisis, which was conclusive evidence of the existence of indurated mucus in the stomach. Hence it may be seen how seldom must be the adhesion of mucus and medicaments in the stomach, with the generality of persons. Although this same mucous induration is much more frequent in the intestines, still even then it is only found in such persons as have taken much medicine. Hence it follows, that indurated mucus of the stomach and intestines is but rarely found in the alimentary canal in dissections, which in general are performed upon subjects taken from the lower classes of the people, who have not taken much medicine. Still they will be found, if the propositions which I have made are followed. Two professors of medicine, who, living in large cities, have frequent opportunity to attend dissections, have promised me to undertake the examinations which are necessary to search out the indurated mucus and medicinal stuffs, in indurations of the stomach.

It oftentimes occurs through the use of clysters in the water-cure, that considerable quantities of mucus of abnormal color are excreted by the evacuations, which appear shapeless and half fluid. These slime masses have by no means been inveterate and indurated, but it is mucus freshly secreted from diseased, and especially from healing glands. At all events, such mucus as has lain very long in the alimentary canal and has been already indurated, must, after its inten-

eration and evacuation by water, have a visible structure, and must, as above shown, be capable of being softened by water, but not soluble into original mucous substance. These indications are perfectly infallible in solving the question, whether secreted masses of mucus are fresh, or have become old and indurated.

THE MEDICAL ART AT PRESENT.

BY S. O. GLEASON, M.D.

THIS art, among physicians themselves, from the highest to the lowest, is in a very unsettled state. The practice is, to say the least, unsatisfactory in the extreme. Many of the most eminent look upon it with great distrust; while others, equally so, "hold their art in contempt." By many it is blindly relied upon, and medicine given with an unsparing hand. Variance and difference of opinion among the highest authorities, in regard to the treatment of the most common and best understood diseases, is a matter of almost daily occurrence. And the prospect for an agreement among the "regulars" by no means becomes brighter as time advances. Let them speak for themselves:

Says Boerhaave, "I have examined the subject pretty thoroughly, and think the best plan is to keep the feet warm, the head cool, and the body open, and reject all physicians."

Abercrombie says, "Gentlemen, we might as well confess the whole truth as not, that our whole pretended science is but a system of guessing, the art of conjecture, mere learned quackery. We neither know the seat nor the cause of disease, nor the action of remedies. Our practice resembles the conduct of a blind man armed with a club, and striking in the dark. If we hit the disease, we kill it; if we hit the patient, we kill him."

Robinson says, "More have been slain by the lancet alone, since the days of Sydenham, than all that have perished by war, pestilence, and famine."

Says Graham, "I think three grains of calomel enough for a dose." Yandell replies, "Three grains! We use two hundred and fifty in old Kentucky, and generally lose our patients at last."

These remarks need no comment, they are a volume in themselves. The Allopathic practice is daily losing reputation among the more enlightened portion of our community. The practice is now "reduced to the level of a trade." The golden-headed cane and cloak of dignity, together with the utterance of learned technicalities and high-sounding phrases, no longer pass for knowledge and skill. The efforts of the "regulars" to maintain their dignity react upon themselves. The most plain and familiar in their conversation upon disease,—the most open in their practice, secure the strongest hold upon community.

The good practical sense of mankind is not now to be imposed upon by mystery. There is too much knowledge of the medical art disseminated at present, to allow of such imposition as

has been for centuries practiced upon the people, under the pretence of its being medical science. This is an age of thorough scrutiny and close investigation, into old things as well as new. Whatever shrinks from the touch of scrutiny is regarded with distrust.

Many of the most eminent in the medical profession feel this to be true, and are openly and boldly calling upon their brethren for a reform. But comparatively few are, perhaps, aware of the civil war that is raging among the "regulars." Many of them have come to the honest conclusion that the people will find out for themselves soon the fallacies of their art; so they might as well begin to teach the world its errors. While others adhere, with the tenacity of a drowning man the stick which he has grasped in his dying struggle, to their favorite system of practice.

It is not until recently that these disclosures have found their way into the public mind. Medical books have alone contained the startling admissions and staring nonsense which now begins to come before the world. "The press, that mighty tell-tale," will now utter it to the remotest bounds of civilization. The people at large begin to understand that all there is of value in medicine can be understood as easily as any other branch of science, and that, what there is that cannot be easily comprehended and made practical, is worthless, or mere learned mummery.

We do not intend, in these remarks, to destroy confidence in the medical art, but merely to show its present state. Nor do we question at all the motives of medical men. For the "regulars," as a body, are men of some scientific attainments, and many of them are eminently wise and judicious men,—men who make noble and manly sacrifices for the public weal,—men who spend their lives and fortunes in instructing the public how to preserve health, and aid in rolling back the tide of disease and death consequent upon our indulgence and sensual gratification. Such men never play upon the marvelous in human nature. "They never practice deception," "nor are they opposed to the dissemination" of any department of human knowledge. From such we have received encouragement and aid in our endeavors to heal the sick, and to enforce obedience to the laws of life and health.

But there is an error which has naturally enough crept into the public mind,—an error which has done, and is still doing, incalculable mischief to the human race. It is this, that disease is under the almost entire and absolute control of medicine, some how or other applied to the human body; the idea that drugs do destroy or drive out disease, as the cat destroys or drives out rats and mice from an infested house. In the minds of many, no treatment can be of any use if drugs are not swallowed in enormous quantities. This leads the more honorable part of the medical profession to use deception in the employment of inert substances, to satisfy their patients that they are taking medicine. Bread pills, and water slightly colored, are often prescribed when the patient needs no medicine, or

when it would be an actual injury to him. If a patient receives good and wholesome advice from his physician in relation to his diet, exercise, and general regimen, and *no medicine*, he "straightway goeth, like an ox to the slaughter," to a drug-shop and obtains some kind of *patent medicine*, which he swallows according to his "good pleasure," neglecting the advice of his physician, and doubting very much in his own mind whether the doctor understood his case.

This idea must, some how or other, be gotten out of the public mind, if life, health, and happiness are to be secured. If medical men would universally come out and express their belief in the non-efficacy of drugs, in the great majority of cases, the entire aspect of drugging, patent as otherwise, would soon be changed. And a greater benefit in no one direction could be conferred upon the world.

HYDROPATHY.—We now propose to present the outlines of a system for the treatment of disease in which no medicine is used. This system is called the Water-Cure. We claim that a large share of the diseases to which the human family are subject may be successfully treated by WATER, and its aids—AIR, EXERCISE, AND WHOLESOME DIET.

Water, as a medical agent, is no new thing. It has had a name and place among articles styled "curative agents" in all ages of the world. At times it has taken a high stand, and played a conspicuous part in the healing of diseases.

THE KNICKERBOCKER ON PACKING.

A CORRESPONDENT of the Knickerbocker has been writing his experience in the Water-Cure. In the January number the packing operation is described in a manner to affect one's risibilities pretty considerably. By the way, this Knickerbocker is one of the best Magazines for patients at an establishment. The table editorial is always supplied with that kind of intellectual entertainment which, by a "reflex action"—as the doctors say when they don't mean anything—produces a pleasant side-shaking of the respiratory apparatus, whereby "good digestion is made to wait on appetite, and health on both." If you want the Knick—the "old Knick" it is, too, being in its thirty-fourth voluminal year—address Samuel Hueston, 139 Nassau street.

"Last Friday I was first inducted into the wet sheet, or 'Pack,' as it is technically termed, and will give you an inkling of that *chef d'œuvre* of the Water-Cure. Having first provided two comforters, two blankets and two sheets, one cotton and one linen, you await the arrival of PETER to 'pack' you. At half-past three or four in the morning he enters your room, lamp in hand, with a hurried step, and with the look and manner of a familiar of the Inquisition. The bed-clothes being removed and the pillows properly arranged, a comforter is first spread out upon the mattress, then the two blankets, then the cotton sheet, wrung out of cold water. Upon this you stretch yourself out on your back, with your arms beside you and your head on the pillow. The wet sheet

is first wrapped round you, then the blankets are well tucked in under your shoulders and all the way to your feet; the comforter is then fixed in the same way; the other comforter is then doubled and put over you, and tucked in so as to pin you down and effectually exclude the air. In this condition you lie from half an hour to an hour and a half, as may be necessary, until you get perfectly warm. Your sensations are various, but on the whole not unpleasant, and when you get in a glow, delightful. You generally fall into a doze, and have all manner of visions. But I will begin at the beginning, and take you through a 'pack' *seriatim*; showing you the different phases through which I passed on my first appearance as a 'packed patient' in a water-cure establishment.

"My first vision was a long icicle in one of the caves of Nova Zembla, which changed into a snow man, who gradually vanished, repeating as he melted:

'Cold on his midnight watch the breezes blow
From wastes that slumber in eternal snow,
And waft across the waves' tumultuous roar
The wolf's long howl from Onaslaka's shore.'

Having got somewhat over the chill, I arrived at what may be called the 'nervous phase.' 'Suppose,' thought I, 'that a fly should walk over my face, or explore my ear, or some blood-thirsty mosquito should attack me in this helpless state! or worse than either, if the house should take fire, and I all alone in "masterly inactivity!"' To this Reason replied: 'It is so early in the morning, that not a fly is stirring; it is much better to let a mosquito take his fill than to kill him before he is done; and if the house takes fire, there is water enough, in all conscience, to put out a dozen such houses as this!' To which Philosophy adds: "'Do not be frightened before you are hurt;" if the fire comes it will burn the fly and the mosquito also, which is some comfort.' So passes that phase.

"I now begin to look about me and examine my state, beginning to warm a little, and slightly to doze; but such a succession of visions and odd fancies and beautiful scenes, interspersed with songs, did the sight of myself bring upon me, that I hardly know where to begin. First, I was a barrel of 'Prime Beef, No. 1,' packed for the English market; 'Mess Pork' was out of the question, being contraband in a water-cure establishment. Next I was one of the 'Forty Thieves' in the oil-jar, and expected every moment some beautiful MORGIANA to give me a 'douche' of boiling oil; this vision was mingled with the caravan's march and 'MORGIANA, thou art my dearest!' Then I was a mummy, and wandered far away among the catacombs and into the days of PROLEMY PHILADELPHUS, interspersed with fine scraps from 'MOSES in Egypt'; then an Indian papoose bound in bark, and I roved among the islands of the South Pacific, Typee and the Bay of Islands; FAT-AWAY sang to me, 'Come to the sunset tree,' and a tall New-Zealander threatened to devour me; but I knew he could never get at me through the blankets and comforters, and felt

more afraid of a mosquito than of forty New-Zealanders. Lastly, I was the Culpit Fay, enclosed in a walnut-shell, and soared high over Tarrytown to Crow's-Nest and the Beacon, looked down upon West Point, and warbled sweetly into J. . . . 's ear:

'My heart's in the Highlands,
Oh, gin I were there!'

"So ended this phase. The heat was now increasing, and I felt as if I were enveloped in a warm hasty-pudding, or rather like an apple inside of a dumpling, with this difference between myself and his most gracious majesty King GEORGE the Third, that I knew very well how I got in, but the puzzle was how I should get out. The heat still increasing, I fancied myself for a moment PLINY the Elder in the crater of Vesuvius; but Imagination, taking the reins in its own hands, fairly ran riot. Give me a 'pack' for inspiration! Opium is a fool to it; gin-and-water isn't a circumstance; and clairvoyance may hang up its fiddle. I was now right under the line, (in this state you never get north of the equator,) amid the most luxuriant of tropical scenes; now descending the Amazon with GONZALO PIZARRO, and anon ascending the Orinoco with HUMBOLDT; then in India, entwined in the folds of a boa-constrictor, or an unfortunate Rajah, powerless in the embraces of British affection. Finally I expanded into a gaseous state, and leaving my wormy coating in the 'pack,' emerged like a butterfly from its chrysalis, and soared on wings of purple and gold into boundless space!

"These were all efforts of the imagination. You must not think, my dear J. . . ., that any of these things did really take place. Oh, no! the only reality was PETER, who came in, and like twelve o'clock, reduced CINDERELLA to blankets and comforters again. Removing the outer shell of comforters, and setting my feet at liberty, he gallanted me, still swathed in blankets, to the bath, which had about a foot of water in it, of the temperature of seventy degrees. Lying down for a moment in this, you then sit up in the water, and rub and are rubbed briskly with the water for about two minutes; the water-pipe is then let loose upon you and dashed two or three times over your shoulders and back. Imagination, not yet fairly unhorsed, combining with the actual circumstances of the case, leads you to imagine yourself passing under the sheet at Niagara, or in the case of a delinquent husband put under the hydrant for beating his wife. The last idea, however, merely flashed through my mind, inasmuch as I had no wife to beat, and withal felt a glow of satisfaction come over me such as I imagine very rarely comes over the culprit under sentence for spouse-flagellation. This process over, I stepped out of the bath, and was immediately enveloped from head to foot in the dry linen sheet; a perfect fac-simile of a Bedouin Arab. So striking was the resemblance, that I should have serenaded PETER and invited him to 'Fly to the Desert' with me, were it not that I should as soon think of joking with DANIEL WES-

STER, or the great Centre of Gravity himself, as with the bath functionary of Mount Orange. After being thoroughly rubbed dry through the sheet until I felt like a beef-steak smothered in onions, I stepped out of it, and the whole illusion vanished :

'THE cocks have crowed, and the flays are gone ;'
'PETER has vomited, and 'the pack' is done !'

CASES OF ORTHOPATHY.

M— B—, fourteen years of age, of nervous temperament, had been for some months feeble, and troubled with cough, pain in the side and chest, and many other symptoms indicating the same general tendency. To add to her trouble and increase the parental anxiety and alarm, the salutary course of nature was far from being established—indeed, there was almost an entire suppression.

In these circumstances, and while traveling through the place, I was consulted. I found that a natural delicacy and tenderness of constitution had been greatly aggravated by tonics, alteratives, and nostrums. Every wise mother, and aunt, and grandmother, to say nothing of other friends, and even strangers, had been desirous of prescribing in the case. The girl was exceedingly beloved, and all wished to save her. And most of all, they were most ready and officious who were least entitled to be so.

One bottle of medicine and syrup after another was shown me, and I found that many of them had been already pretty well tried. It was hardly to be endured that I should condemn them all, and advise a course of obedience to Nature's laws, to the exclusion of all medicine whatever. I ordered pure air, abundance of passive exercise, the warm bath at bed-time thrice a week on going to bed, to give place to cold shower bathing in the morning as soon as she could bear it, and general cheerfulness. I reasoned with the parents, and endeavored to rouse them to a due faith in Nature's laws, and left them.

Five or six weeks afterward I had occasion to pass through the village again, when I made inquiry after M—. "Much better," said her father. "If nothing befalls her, we have every reason to believe she will now recover." This was about the first of April. I had given them no encouragement of her fully recovering before October.

E— T— had been much exposed to alterations of heat and cold during the winter, and besides was naturally very susceptible. She was of a high nervous and sanguine temperament, and of a scrofulous tendency. A peculiar form of influenza prevailed in the neighborhood, in which the ears, one or both of them, were subject to a violent inflammation, and the sensibility and irritation was apt to extend to the lungs.

E— was attacked by acute pain in the right ear, and in other parts of the head, accompanied by chills and other symptoms of general fever.

In this condition I saw her and prescribed for her. It was toward evening. I advised a warm bread and milk poultice to be applied to the ear, and the whole surface to be kept warm, but not hot. For the febrile symptoms I advised the free internal use of cold water.

The patient herself had fears that the treatment was not sufficiently energetic, but I endeavored to establish and increase her confidence in the restorative powers of Nature, and partly succeeded. When the surface became warm, say at ten o'clock, we all retired to rest. The old system would have required an attendant for the night, but I preferred to have it otherwise, as I slept in a room adjoining hers, and could hear her voice should she ask for anything.

I have said that I *slept, &c.*, but it was not so easy to sleep in circumstances that involved so much of anxiety and of responsibility. However, as the patient herself became more easy about midnight and slept, I no longer hesitated, but yielded to the same general law. In the morning she was evidently better.

During the day she had a partial return of the ear disease, with signs of a determination to the lungs, and in the early part of the evening she required the same orthopathic treatment to which she had been subjected the previous evening. Next morning the disease was rapidly disappearing, and though the appetite had not yet returned, I found it safe to leave her. The day after she was so far restored as to be able to make a journey of about one hundred and fifty miles by stage and railroad. I have not heard from her since.

Two children of Dr. —, in Worcester county, had a regular course of fever last year, during which the doctor left them entirely to the mother, and her nursing and attendance. She simply placed them under law, and in one instance gave them a little thoroughwort. They recovered in less time and in better condition than the average of children of similar age, who are affected in a similar way.

CONSUMPTION.—I do not take the ground, with Drs. Rose and Fitch, that all cases of consumption can be cured. And yet there are, all over the country, remarkable cases of partial restoration. The two following cases were gleaned up in the town of Lancaster, Mass.

W. was suffering, twenty-two years ago, from an hereditary tendency to consumption. Indeed, he was so far affected as to be given up, or nearly so, by his friends, as well as by his physicians. In this extremity he abandoned medicine, placed himself "under law," especially "physical" law, and gradually recovered. He is now some forty to fifty years of age, and able to labor every day throughout the year.

T. was in a much worse condition, twenty-three years ago, than W. He took a similar course, with the exception of one particular, (in which he went even *beyond law*), and with similar results. He is now nearly fifty years of age, and appears active and healthy.

The exception referred to was the following.

He slept, in summer, on the floor, without even blanket or pillow. In winter, he took a board, cut of suitable width, took it to his bed, placed it under the sheet he lay on, and slept on it. This course, he says, he continued eight years.

HYGIENE THE TRUE MORAL OF THE CHOLERA.*

BY ROLAND S. HOUGHTON, A.M., M.D.

A MEMORABLE year is drawing nigh its close—a year vividly suggestive to thousands and myriads, both in the Old World and the New, of unnumbered scenes of terror and death. War and pestilence have done their work; the shock of arms in the heart of Europe has thrilled the whole world; Hungarian "independence" is a dream now over; Kossuth still lingers in the domains of the Turk; and heavy in the scale lies the sword of the Czar.

But I am here to speak, not of "grim-visaged war," but of his rival in destruction, the pestilence of Asia. In its onward progress from the jungles of the East, this horrible disease, moving, as is its wont, in spite of mountain, desert, and plain—of Persian heat, Ionian blandness and Russian snows; defying alike the fierce sweep of the Simoom, the cold blasts of the North, and the midland calm;—crossing at a bound the swollen river, the sheeted lake and the boundless ocean, has once more committed its ravages in our midst. It has burst through Quarantines and refused to be barred out by Boards of Health. It has performed its "mission," but it has hardly yet gone—seemingly lingering in the track of the ruin it has made. In the course of its march it has advanced and retreated; it has wound its tedious, snake-like course, now here, now there—decimating this place, leaping over that, and depopulating a third: appearing, at one time, coy and capricious—at another, stern, exact, and relentless—at all times, fearful! To the squalid denizen of the sweltering and crowded town—to the pampered devotee of unbounded sensuality—to the far-off emigrant, journeying through the soft clime of Mexico or the rugged territory of our Indian tribes, in adventurous quest of the rich ores of the Sacramento, the dread Cholera has alike appeared, and laid on each and all his cold, withering, and merciless grasp. Countless the victims! Hasty their summons and awful their fate; thus to sink, languidly and helplessly, into untimely graves, at the bidding of a pestilence that "walketh in darkness" and a sickness that "destroyeth at noon-day!"

As we look back upon our last summer—upon that season which is, to most of you, one of relaxation and joyousness, of sunshine and flowers—what "thick-coming" recollections of the then-prevailing anxiety and gloom! What sad remembrances of lost friends and kindred! What mournful memories of selfish fears and unmanly weakness! Funeral processions darkening our

streets! Timorous townsmen hurrying along from the daily bulletin, in superstitious dread of the imagined contagion! Senseless braggarts proclaiming their immunity in alcoholic protection! Credulous citizens breathing in their "antidote" from little scented bags, or binding on the fetters of astringent drugs! Brandy and red-pepper on every shelf—sulphur and charcoal in everybody's pocket—camphor and opium in everybody's mouth! Fishermen starving—"the butcher" thriving—and fruits and vegetables thrown back on the market! Peaches tabooed—"sweet" grapes voted "sour"—and innocent melons looked on with horror! Cities and towns half deserted of their inhabitants—and cramped-up country-inns overflowing with the exiles—so potent the spells of the general panic! Business "dull"—the "fancies" drooping—and Wall-street empty! Blind Justice at a stand-still, and lawyers, like their clients, lounging for their health on public stairways at rural retreats! Medical practitioners agreeing about nothing: one doctor scouting the bare thought of Cholera; another one arguing that the disease is death despite all treatment; a third proclaiming he has never lost a case; and a fourth announcing an "infallible" specific—perchance dying of it on the morrow! Analytical chemists bottling up air in fruitless search for some secret *virus*, some mystic "ozone"—impalpable to ordinary, unaided senses—impalpable even to senses inured to the abracadabra of the crucible and the alembic! Profound savans, "heavily laden" with scientific lore and academic honors, vying with the owl by strenuous efforts to see in the dark: one viewing naught in the intense gloom but "fungous growths;" another, vast hordes of infinitesimal animalculæ, with funny little tails; while a third, as he turns his electrical grinding-glass, is absorbed in a new theory based on the sparks—and quite as long-lived!

Just so, in the days when the quiet old monk invented gunpowder, the metaphysical schoolmen were wondering "whether fishes think!"—"whether the stars have eyes, and, if so, do they see?"

Let us devote an hour to the moral of this picture.

"Nothing," says Seneca,* "is more hateful to true wisdom than *excessive acuteness*." Of this position the late Mr. Poe, one of the most ingenious writers our country boasts, once published a remarkably clever illustration. I shall proceed to give some idea of the tale, as its point is decidedly "pat to my purpose."

It seems that the astute prefect of the Parisian police had vainly exhausted the resources of his calling in endeavoring to discover a highly-important purloined letter. He had positively ascertained the house it was concealed in, and spent month after month in a personal *ransack* every night. He had taken the whole building, room by room, devoting the nights of a whole week to each. He had closely examined the whole of

* A LECTURE, recently delivered before the Mercantile Library Association, in Clinton Hall, New York.

* Nil sapientie odiosius acuminis nimio.

the furniture, chair-rungs, and jointings; opened every possible drawer; scrutinized the bottoms and tops of bed-posts; probed the cushions with fine long needles—and then the beds and bed-clothes, curtains and carpets; “looked to the mirrors between the boards and the plates;” opened every book, turned over every leaf, and measured the thickness of every book-cover; nay, he had even gone so far as to divide the entire surface of the house into compartments, which he and his party had carefully numbered, so that none might be missed; and then they had scrutinized with a powerful microscope each individual square inch throughout the premises, including the two houses immediately adjoining! Thoroughly mystified and excessively chagrined—for an enormous reward had been offered for the restoration of the purloined letter—the worthy official made known his dilemma to one of his friends—a gentleman whose genuine shrewdness was tempered by good judgment.

“The fact is,” said the prefect, “the business is very simple, indeed, and I make no doubt that we can manage it sufficiently well ourselves; but then I thought you would like to hear the details of it, because it is so excessively odd.”

“Simple and odd!” asked the prefect’s friend.

“Why, yes; and not exactly that, either. The fact is, we have all been puzzled because the affair is so simple, and yet baffles us altogether.”

“Perhaps,” was the reply, “it is the very *simplicity* of the thing which puts you at fault; perhaps the mystery is a little *too* plain,—a little *too* self-evident!”

Now this was a suggestion wholly beyond the range of the prefect’s philosophy; the man who had examined every square inch with a microscope could not brook the idea of having been foiled in any such way as that.

Profoundly amused, he retorted on his friend: “Oh! good heavens! who ever heard of such an idea! Oh! my dear sir, you will be the death of me, yet!”

After such a reception of his friend’s hint as this, the prefect could get no better advice than to make a thorough re-search of the premises. A month later, he again met his friend, as luckless as before.

“Confound it!” said the prefect, “I made the re-examination just as you suggested; but it was all labor lost, as I knew it would be.”

But now behold a new turn in affairs!

“How much did you say was the reward offered?” asked the friend.

“Why, a very great deal—a *very* liberal reward—I don’t like to say how much precisely; but one thing I *will* say, that I wouldn’t mind giving my individual check for fifty thousand francs to any one who could obtain me that letter. The fact is, it is becoming of more and more importance every day; and the reward has been lately doubled. If it were trebled, however, I could do no more than I have done.”

“Why,” said his friend, drawlingly, between the whiffs of his meerschaum; “I really think you have not exerted yourself to the utmost in

this matter. You might do a little more, I think—eh?”

“How! in what way?”

“Why, you might employ counsel in the matter—eh! Do you remember the story they tell of Abernethy?”

“No: hang Abernethy!”

“To be sure; hang him and welcome. But once upon a time, a certain rich miser conceived the idea of spurning upon this Abernethy for a medical opinion. Getting up, for this purpose, an ordinary conversation in a private company, he insinuated his case to the physician, as that of an imaginary individual. ‘We will suppose,’ said the miser, ‘that his symptoms are such and such; now, doctor, what would you have directed him to take?’ ‘Take!’ said Abernethy; ‘why, take *advice*, to be sure.’”

“But,” said the prefect, a little discomposured; “I am *perfectly* willing to take advice, and to pay for it. I would *really* give fifty thousand francs to any one who would aid me in this matter.”

“In that case,” replied his friend, opening a drawer and producing a check-book, “you may as well fill me up a check for the amount mentioned. When you have signed it, I will hand you the letter.”

The prefect, at this, appeared absolutely thunderstruck. For some minutes he remained speechless and motionless, with open mouth, and eyes starting from their sockets; then, apparently recovering himself in some measure, he seized a pen, and, after several pauses and vacant stares, finally filled up and signed a check for fifty thousand francs, and handed it over the table to his confidential adviser. The latter examined it carefully and deposited it in his pocket-book; then, unlocking an *escritoire*, he took thence a letter, and gave it to the prefect. This functionary grasped it in a perfect agony of joy, opened it with a trembling hand, cast a rapid glance at its contents, and then, scrambling and struggling to the door, rushed at length unceremoniously from the room and from the house, without having uttered a syllable since he had been requested to fill up the check. And now for the explanation.

Acting on the idea that the prefect had been foiled by the *simplicity* of the mode of concealment adopted, his friend had himself visited the house in question, and actually discovered the missing document in full view, in a trumpery card-rack. “Soiled and crumpled”—“refolded in a reverse direction, in the same creases or edges which had formed the original fold”—“re-directed and re-sealed”—“torn nearly in two, across the middle, as if a design, in the first instance, to tear it entirely up as worthless, had been altered or stayed in the second”—and “thrust carelessly, and even, as it seemed, contemptuously, into one of the uppermost divisions of the rack, *full in the view of every visitor*,” it had scarcely been glanced at during the prolonged search of the over-wise official!

(To be continued.)

NEW-YORK, MAY, 1850.

MAY MUSINGS.

BY R. T. TRALL, M.D.

BILIOUSNESS.—In all communities, and among all nations, where people call themselves civilized, the approach of the warm season is always attended with the general prevalence of what is called biliousness. Why so? Most medical books, with characteristic absurdity, tell us it is because "the heat expands the fluids more than it relaxes the solids," and such like nonsense, laying, as is usual, all the fault to the order of nature. Now there is no actual wickedness in the seasons, no real perversity or original sin in the elements as such; nor is there anything in the revolutions of the planets to make one part of the year more bilious than another. But there is something, there is much, there is everything in human habits to render certain classes of ailments peculiar to certain seasons.

In cold weather, as we all know, the digestive powers are more vigorous, and all the excretory functions are more active. Action and reaction are more powerful from the centre to the surface. Hence the body is enabled to sustain itself against bad habits of living which would be immediately productive of acute disease in warm weather. Still all unnatural habits must produce their legitimate results; and as the hot weather comes on, the skin becomes relaxed, its depurating function is diminished, and internal obstructions result, to relieve itself of which the organism attempts to throw off the accumulated morbid secretions and effete matters, by an increased discharge of bile, fæces, &c. The same morbid condition that in winter would produce external fevers and inflammations on taking colds, overdoing, &c., may occasion, in warm weather, bowel complaints, and the many forms of digestive derangements known as bilious attacks.

This philosophy implies that people who live healthfully in winter will not have bilious attacks on the approach of warm weather, and we may, and do, boldly challenge all experience to controvert this proposition. The thousands who pursue the hydropathic regimen are no more liable to a bilious attack at one season than at another, for the very simple and satisfactory reason that they are never liable to them. But, practically, we know the great majority do not pursue their daily walk according to the ways of Hygiene, therefore many of them must and will have the "spring sickness." For such we must prescribe a remedy. The regular practice is to bleed, vomit, and purge. If one course does not cure or kill, bleed, antimonialize, and sweat. If this is not sufficient, bleed, mercurialize, and blister, with other things too numerous to mention. Hydropathically, these complaints are easily managed with plentiful cold water ablutions or the rubbing wet sheet, abundant water-drinking—tepid water when

there is much sickness at the stomach, and a day or two of abstemiousness or fasting. The principal cause is greasy animal and concentrated farinaceous food. Avoid these, and you will have no occasion for even the cold water doctor.

ARTIFICIAL LEECHES.—Again we are compelled to pay our respects to the genius of our blood-loving and blood-spilling contemporaries of the Allopathic school. After an experiment of three thousand years, we have the confession of their most eminent professors, that bleeding, taken all in all, has done incomparably more injury than good. Yet in the face of this experience and this acknowledgment, we have new contrivances to shed the vital current with still greater facility brought to our notice. The last of these is an artificial leech, a kind of mechanical blood-sucker, which is intended to supersede the use of the animal leech. It is the invention of one M. M. Alexandre, of Paris, who doubtless will make a fortune out of the blood lost to this and the next generation, and it comes to us—rather goes to the public, for we abhor everything of the kind, natural or artificial—endorsed and approved by the academies and colleges of medicine of Paris, London, Berlin, and New York. Notwithstanding these high authorities, we advise all our friends—and they are all mankind—to keep their blood in their own veins, despite all the destructive devices of the healing art which ever have been or may be invented, fully assured that in so doing they will more perfectly recover from all their maladies, live longer, and have sounder constitutions.

DROWSINESS AFTER DINNER.—The Sunday Times, in its answers to correspondents, gives the following lucid and luminous explanation of a very common phenomenon:

"How is it that we find ourselves so sleepy after eating a hearty dinner? The brain being crowded with the grosser vapors ascending from the stomach, and the influx of the animal spirits out of the carotid arteries into the nerves being in part obstructed, drowsiness ensues."

An improvement on this exquisitely learned lingo might be made thus: The pericardium rising up against the medulla oblongata, occasions a tenesmus of the longus communis digitorum pedis, thereby obstructing the influx of the peritoneum into the iter a tertio ad quartum ventriculum; hence, if one eats too much dinner, he will feel, look, act, and be, dull and stupid.

TYPHUS FEVER IN WISCONSIN.—A correspondent gives a sad account of the results of drugification in the far West. How the story contrasts with the simple, natural, and always efficacious water-treatment! He says: "The people here have had so much to do the present winter with sickness, death, drugs, doctors, false doctrines, and heavy taxes, the fruits of violated laws, natural and social, that no time or money seems to be left for anything else. All who have died in this neighborhood have been treated either with lobelia and cayenne, or calomel and

quinine. The former practice I think rather the worse of the two."

SCARIFYING THE GUMS.—Can anybody, after exercising their thinking faculties for about five minutes, hesitate to believe that the teeth of children were intended by nature to work their way through the gums without chirurgical assistance? Poor little things! They are so abused and misused, and dosed and drugged, and slopped, and stuffed, and ill-fed and ill-managed every way, that the little irritation of teething throws them into a regular fever. Then the doctor comes, and, overlooking entirely the inflammatory condition of the baby's whole body, expends his whole mind and might, tact and talent, science and art, on the dear little creature's swelled and turgid gums, which he proceeds to scarify—alash open, with a lancet. In ninety-nine cases out of ninety and nine he had better let them alone. Great injury, mischief, and deformity have often resulted from this use of that "minute instrument of mighty mischief."

Dr. Castle, a skillful dentist of this city, has lately published an article on this subject in the Boston Medical and Surgical Journal, from which we extract the following anecdote, which is certainly in point:

In the year 1837, my eldest child, then at the age of seven months, was suffering extremely from tumefaction of the gums, with much attendant constitutional irritation and the usual fretfulness accompanying the symptoms of teething children. I, in accordance with *established* rules, lanced the gums freely, making crucial incisions over each tooth down to their substance. Immediately after the operation was completed, the child sunk into almost a comatose state, with cold, clammy-skin, torpor of the bowels, the eyeballs turned up and fixed, no motion of any muscle or limb; and notwithstanding the best possible care and treatment for five days, no hope of recovery was presented. It was with the greatest difficulty that anything was conveyed into the child's stomach, and it was then instantly rejected with more than ordinary force, exhibiting the excitable and irritable state of this viscous. On the sixth day, symptoms of high febrile excitement supervened—the stomach, if possible, still more irritable; the abdomen hard, and bowels costive; the urinary secretion deficient; with general spasmodic twitches of the surface of the muscular fibres of the skin, which were occasionally attended with partial convulsions. I then requested the attendance of an eminent professor of obstetrics, in the absence of the advice of my friend Dr. F. U. Johnston. The worthy professor looked at the child, compressed his lips, and exclaimed, "*Why did you scarify this child's gums?*" "Because, Sir, when I attended your lectures, you laid particular emphasis upon this proceeding, impressing upon your class the necessity of cutting the gums under such circumstances; and cutting them deeply and freely." "All very true—so I did; but it does not agree with this child."

CAUTION TO MOTHERS.—The following note, appended to the communication of Dr. Castle, above quoted, ought to induce all mothers to have a care to whom they entrust their children out of their sight:—

The most outrageous and infamous of all the vile

practices of which nurses are guilty, and of which nursery-maids avail themselves to get rid of nursing or attending to their young charge for a short time, is that of *holding children by their feet, their heads pendent to the earth, and swinging them to and fro*. This is the common practice of Irish nurses and servants. (I hope that I may not be charged with slander.) I vouch for the fact; not a child of my own—and I have six—having ever escaped this treatment, notwithstanding every watchfulness. I know it to have occurred in numerous families. When reprimanded for such conduct, the reply of the nurse always is—"Sure we do it in Ireland to put the children to slape [sleep]." How many cases of hydrocephalus, marasmus, and nervous diseases, are thus superinduced, it is impossible even to surmise.

ICE IN TYPHUS FEVER.—M. Wanner, in the Trans. Med. Journal, states that he has treated this disease for the last three years *exclusively* with ice, as the internal remedy, and has not lost a single case! Will any of our allopaths imitate this treatment on the strength of this testimony? We fear not. If some scientific adventurer has introduced some new combination of powerful poisons, there would be enough to try the experiment over and over again. But ice—this is a one-idea entirely. Mr. Wanner's management is thus described:—

The patient is caused to swallow every minute, or at the furthest, every two minutes, a piece of ice, of the size of a comfit (dragee), which, when melted, is equal to a glass or a glass and a half of water, every hour.

When I have succeeded, by this means, in reducing the temperature of the body to its normal state, although there may be no longer any fever, and the patient may exhibit a marked disgust to the further use of ice (which is a sign that he is better), I still continue, according to the gravity of the case, for twelve or even twenty-four hours more. During this treatment the patient ought not to take any kind of drink—ought to be submitted to the use of ice alone. In order to subdue the cephalalgia, and to prevent cerebral complications, I prescribe a pillow of hair or oat straw; I pass frequently over the forehead a sponge dipped in ice-cold water. The patient also takes, every half hour, a small injection of cold water. Every two days he is placed for an hour in a bath at 28° Reaumur (about 93° Fahrenheit). During three years, in which I have employed this treatment, all the patients on whom I have attended have, without exception, been cured, some in twenty-four hours, others in forty-eight hours, and others in five or six days at the latest; and these latter have not been entirely regular in the treatment.

AN ALLOPATHIC PENCIL.—The Boston Medical and Surgical Journal of 10th ult., published an article from one Dr. Field, now in London, under the head of "*Pencilings from Abroad*," which, like a majority of the rant of Allopathic journals, expends all the wit and wisdom of the writer in blowing all the *pathies* except *allo* sky high, and calling the people all sorts of hard names, because they are beginning to prefer being cured irregularly, to being killed according to the books. Well, gentlemen, there is no help for it. The world is going ahead; intelligence is pervading the masses; the errors of old theories are being abandoned for new truths, and those who will hang on to the absurdities of ancient dogmas must and will be left behind. It is no use

for you Allopaths to scold the people, or fret yourselves because the whole world is rapidly losing confidence in your system. You may howl, and bark, and growl, and grumble till doomsday, yet the wheels of progress will roll on. It is your business to prove to the people that your system is worthy of confidence; that the legalized practice of medicine is more successful in curing diseases than the unlegalized vending of patent nostrums. This you don't do and can't do, hence the people have just about the same confidence in the medicine-mongers, that they have in the regular physicians. True, they employ the regulars rather the most because they are the fashionable class of doctors. But we are running away from our subject. Here is a specimen extract from the "penciling" aforesaid.

"The unanimity of the medical profession is the best possible resistance that can be offered to charlatanism; next to this, for want of special enactment, is the appreciation and reward by the civil authorities, of such distinguished services as may have emanated from an enlarged philanthropy, or have been the result of unusual investigation. Such safeguards, however, do not exist in England. The strife, which for so many months has disgraced the medical and surgical world, respectively represented by the Royal College of Physicians, and the Royal College of Surgeons, still rages with unabated fury. In the mean time the various ultraisms of the day, under cover of the smoke and dust of the allopathic struggle, insidiously extend the sphere of their baneful influence, and thus assume an importance due neither to the doctrines nor their promulgators. The rankest weed of this description is *Homœopathy*. Fattening on the neglect of the only rational mode of treating disease, and the unhappy divisions existing among its natural defenders, here and there scattered over the metropolis may be seen its ephemeral 'Institutions,' which, according to the statements of the numerous noisy publications issuing thence, are the only legitimate depots of pure medical science. Humiliating thought, that a class of men can be found that will thus coolly impose upon their fellow-men; and equally humiliating thought, that the common sense of people should suffer itself to be occluded by so much shameless effrontery and ignorance. However, since Truth, like the water-lily, is in its nature expansive, and daily exhibits more and more of its peerless beauty, we look upon it as certain that, ere many years have elapsed, these excrescences upon the profession will be regarded in the same light as the mummies in our museums are: and the only query will be by what wonderful art they could have been preserved so long! The next in point of number and importance is that idle vagary of the imagination, called *Hydropathy*. This, however, has reached its culminating point, and is rapidly on the decline; partly owing to the blighting influence of the mushroom *Homœopathy*, but more especially to the fact that its converts have ascertained its total inefficacy, and, like Sidney Smith's duck in the *sedtz bad* at Baden, cry out, 'quack, quack, quack!'"

Oh! dear, dear. The only resistance the profession can make to quackery is by unanimity, but, sad to relate, the members of the faculty cannot agree among themselves about anything. Yes, the medical and surgical world is disgraced continually by the interminable quarrels of "its natural defenders," so that quackery runs rampant over the land!

Dr. Field has made some wonderful discoveries. He has discovered that hydropathy is rapidly on the decline! Now, in all simple innocence, we thought its rapid course was the other way; and in the same simplicity we imagined, and for humanity's sake rejoiced, that allopathy was rapidly going out of fashion. How different things look when viewed from different points of observation! A certain Dr. Bird, of Chicago, some time last summer, discovered that ozone in the atmosphere was the cause of cholera. On a closer investigation it all turned out to be true except the ozone; still the story answered its intended purpose. It sold an immense amount of anti-ozone doctor stuff. Dr. Field's marvelous discovery concerning hydropathy may be equally true, *all except the decline*, and possibly answer some very important commercial or allopathic purpose. We must, however, protest against his putting the joke of Tom Hood into the mouth of Sidney Smith.

DEBATE ON THE CHOLERA.—The penciling noticed in the above paragraph has called to mind a discussion which "came off" among the London doctors, in August last, on the subject of cholera. It illustrates very beautifully the unanimity spoken of by Dr. Field.

The London Lancet, in reporting the debate, states that about fifty professional gentlemen were present, and that the *greatest diversity* prevailed respecting both the treatment of cholera and its nature. As respects its contagiousness—*communicability* was the word they used—half-a-dozen exceedingly able arguments were made, that is was catching, and about the same number of equally exceeding able arguments were "exhibited" that it was not *communicable*. A Dr. Hicks thought some cases were contagious and some were not. He expressed the opinion that the disease might be checked in the second stage *provided the patients were not too far gone!* In the stage of collapse he had used brandy, chloroform, ether, mustard poultices, ammonia and other stimulants, *yet in no case had the remedies been attended with success.*

Dr. Murphy confessed that he did not know of any medicines that did any good; *he only knew what would do no harm.* He it was who introduced the practice of saline injections in 1831-32, and out of 32 patients on whom he experimented, only eight lived! and these eight were the most youthful and vigorous; thus affording a reasonable presumption that they recovered *in spite of the treatment.*

Dr. Barlow agreed that medical treatment had proved impotent. In the worst cases in which he had known recoveries to take place, *little or nothing had been done!*

Dr. Rees had tried charcoal, carbonic acid, cold water to the surface, calomel and opium, bichloride of mercury, but *could see no difference in whatever plan of treatment he adopted!* His opinion was that the true remedy would be found in some *kind of poison*, as mercury, arsenic, creosote, tannin, &c.!!

Dr. Evans thought the best treatment was opium,

calomel, and mustard, with plenty of water, and ice occasionally.

Dr. Crisp has used calomel and opium, in *one* case with apparent benefit. Dr. Mitchell had cured one case with two grains of calomel every ten minutes, with one or two drops of the tincture of opium occasionally, *in connection with the wet sheet!*

Dr. Dendy believed calomel was the only real antidote.

Dr. Hughes said he knew very little about the subject when he entered the room, and after hearing the discussion, he knew still less.

Dr. Casey opposed the mercurial treatment. He had seen fatal vomiting induced by its being pushed too far.

Dr. Waterworth declared the calomel treatment had been tried in 1832, and failed. Until they knew something of the nature of this poison, whether it was in the nervous system or in the blood, it was impossible and useless to go into the treatment of the disease. (!) In cases in which collapse had taken place he thought he had seen more recoveries where nothing had been done, than where he had interfered, *if* the power of nature were sufficient to throw off the poison.

In closing the meeting, the chairman remarked that they *had not acquired much information to-night regarding the treatment of the disease.*

THE WATER-CURE AND ITS ASSAILANTS.

BY R. S. HOUGHTON, M.D.

HYDROPATHY is not often favored with an open, manly, spirited attack. Would that its "regular" enemies in America would commit themselves more frequently in some *tangible* way! But no: they prefer "fighting shy;" they never descend to particulars or details, but fire off a volley against the rival systems,—generally in a lump,—and then vanish in the smoke. There is no getting at them! I remember once picking up a medical journal of "considerable" repute, and finding my attention attracted to an article, incidentally, assailing the Water-Cure System in no measured terms. "Now," thought I, "I am sure to find something worth reading with care—some scientific assault not to be easily gotten over!" I read carefully on. The story was this: It seems that some ailing clergyman, after trying a long while "the regular treatment" of the "routine doctors,"—as often happens,—was "nothing bettered," but rather grew worse: so he went off straightway to some hygienic and hydropathic sanatorium, where he not only rapidly recovered his lost health, but acquired enough knowledge, besides, of the laws of his being to enable him to understand how to PRESERVE the health thus easily regained. To evince his gratitude for his prompt recovery, this gentleman published an account of his cure, and it was this publication which had roused the wrath of the medical reviewer. "The clergy," he declared, "were always dabbling with quacks: it would be far more to their credit to be minding their own business, than

running about from one empiric to another, bringing them into disrepute,"—(that is, the "routine doctors" aforesaid). It was there that the shoe pinched! Not a word about the processes which had aided NATURE to cure him—not a syllable of scientific criticism upon their merits; the whole article, in reality, was nothing more nor less than a bitter tirade upon the clerical profession for not happening to entertain so exalted an opinion of the "routine" mode of medical treatment as the practitioners of that school thought their just due,—for not properly appreciating, perhaps, like Sir EDWARD BULWER, the mystic virtues of the hitherto untried—*prussic acid!** I am not aware, however, that this peculiar mode of "managing" refractory clergymen has proved remarkably successful. Some one has said that no one can be made witty by an Act of Congress: in like manner, I presume it will hold equally good that no clergyman can be cured by a medical school!

One of the latest slurs upon the hydropathic system, from any prominent source in the city of New York, is marked by the usual shyness of allusion. During the late prevalence of epidemic cholera, the Medical Council to the Board of Health were selected entirely from the ranks of "the old-school practitioners;" so were the physicians to the various Wards, to the cholera-hospitals and the police stations. Now somebody saw fit to offer a resolution in the Board of Health, some time last June, directing "that a hospital for the reception of cholera-patients be established in this city" (New York), "in which the practice of *Homœopathic* physicians should be pursued." This resolution having been referred by "the Sanatory Committee" to the Medical Council, those learned functionaries reported against it, substantially as follows:

"Should the above resolution be adopted, they see no satisfactory reason why the same courtesy should not be extended to the *Hydropathists*,—the *Thomsonians*,—the *Chrono-Thermalists*,—and, indeed, all others claiming to have specific modes of treating the cholera. By intelligent and well-educated physicians, generally, *Homœopathy* is looked upon as a species of empiricism. It is neither practiced by them, nor countenanced by them. Concurring entirely with their professional brethren on this subject, the undersigned conceive that the public authorities of our city would not consult either their own dignity or the public good, by lending the sanction of their name or influence to *Homœopathy, or any other irregular mode of practice.*"

So far the report of the Medical Council: I come next to speak of "the Sanatory Committee." The following is a citation from their elaborate apology for adopting this report:

"In looking round, the Committee found the medical profession existing in a certain form, *exercising certain rights and privileges* CONCEDED BY LAW and recognized by long usage and GENERAL SUFFRAGE.

* See Bulwer's "Confessions of a Water-Patient," page 18, in the writer's compilation, published by Geo. P. Putnam, 155 Broadway.

† Query: "Sanitary?"

The medical profession was, in fact, one of the legitimate divisions into which society had resolved itself, and for the performance of the most important functions subservient to the public good. Taking this view of the subject, the Committee felt it to be their duty to have nothing to do with medicine except as they found it embodied in what is understood and known, both by the public, as well as physicians, as the regular profession. While in this way they paid all suitable respect to so honorable a profession as that of medicine, the Committee felt that they did no injustice to those who suppose themselves in advance of the age, and profess themselves gifted with superior knowledge and wisdom."

There is a musty old proverb in common use, which inculcates upon the cobbler the exceeding propriety of sticking to his last. John Randolph told the Member of Congress who had spent most of his life in repairing watches, that he understood the *ticks* of watch-making a great deal better than the *tactics* of legislation. Both proverb and anecdote are probably unfamiliar to the nine Common-Councilmen of "the Sanatory Committee." They certainly have made a most momentous discovery: that the medical profession is solely composed of "the routine practitioners;" that all other physicians are, by fair inference, nothing but a set of outlawed wiseacres; and above all, that certain particular "rights and privileges" are "conceded by law" to the "routine" doctors! Why, it is a standing theme for dismal whining amongst all of that class, that the laws of New York have thrown the profession open to the public—allowing to all physicians alike "a fair field and no favor," and leaving the various matters now in dispute among the rival schools to the sole arbitration of PUBLIC OPINION. The people of New York have found out to their cost that ten thousand Acts of their State Legislature will not make a single good doctor, merely of their own virtue; and that no patient will tolerate the *unsuccessful* physician,—no matter how numerous the drugs he dispenses—no matter how skillful his lancet-hand,—the moment he is convinced that health can be regained through simpler modes of medical treatment, and at a far less sacrifice of "blood and treasure." As I have already said, the laws of New York leave the public free to do precisely as they please in regard to this matter: conceding no rights or privileges whatever to any one branch alone of the medical profession.

And now to go back to the Medical Council. It was perfectly natural that, when the proposition to give a hospital to a rival school was referred to them for their opinion, they should *veto* it at once: as sincere Allopathists, they could not well have done otherwise. They had been "called in," themselves, to take care of a rich patient with fat fees to dispense, and that patient—the city of New York: and they would not have any intermeddling—any "mixing up" of different kinds of treatment. I cannot blame them for this, in the least; but what I do find fault with, is the gingerly manner in which they flog Hydropathy over other people's shoulders. The Water-Cure physicians had nothing to do with the

question at issue; they had not petitioned for a separate hospital for cholera-patients, but quietly acquiesced in "the order of things" as pre-arranged by the Board of Health,—busying themselves, in the meantime, in attending as usual to their own private practice. Why, then, this unprovoked fling from the Medical Council—this stab in the dark? Why should the learned gentlemen go out of their way to assail the Hydropathic system?—a mode of practice, I venture to say, they know nothing about from personal study and personal observation.

It is useless, however, to inquire *why* this gross and insulting charge happened to be made—or, more properly, *insinuated*. It is sufficient for my purpose that the tenor of the language in which it was couched can only admit of one construction. The WATER-TREATMENT, say the Medical Council, is an irregular and empirical mode of practice: in other words, it is downright QUACKERY,—for that is nothing but the plain English of their guarded denunciation. And being "quackery," as they would have us believe, the learned gentlemen take pains to assure the Board of Health that, in their opinion, "the public authorities of our city" (that is, of New York,) "would not consult either their own dignity or the public good, by lending it the sanction of their name or influence."—But all this would follow as a matter of course, admitting their premises: so the real question that comes up for consideration is simply this: "Is Hydropathy a rational mode of medical treatment, or is it nothing but quackery?" But this is a question which has been met satisfactorily, over and over again. It has been proved beyond cavil that the medicinal uses of water have been recognized and employed by the greatest names in medicine for the last twenty-three hundred years—by such men, for instance, as HIPPOCRATES, GALEN, HOFFMAN and CURRIE. It has also been proved that to PRIESSNITZ is due this particular degree of credit: of having forcibly arrested and *drawn back* the attention of the profession and the public to the virtues of WATER as a therapeutic remedy, at a time when POISONS alone were vulgarly considered the proper restoratives of long-lost health. Add to this that PRIESSNITZ is also entitled to the honor of *having developed still farther* the merits of a system he has so wonderfully revived, and that his sagacious mind and extraordinary experience have made their own mark upon the medical history of the times,—adding all this, the enlightened and thoughtful reader can have no diffi-

* This Report of the Medical Council—to the best of the writer's knowledge—was only published late in the fall, in one of the Common Council documents, which very few of the public ever take the trouble to apply for at the City Hall, unless particularly interested in their contents. The newspapers generally give the spirit of such documents, when first reported, but the writer never saw, during last summer, any mention whatever of this branch of the Report. He presumes it was presented at a *private* meeting of the Board of Health.

culty in placing a proper estimate upon such language as that of the New York officials. The pitiful wittings of the "routine" school may still continue to babble about "empiricism," while they drench their poor victims with cod-liver oil; nay, their chief exponent* may sharpen his pen once more to utter smart things about "the Silesian Boor;" but in spite of all this, the public will draw their own inferences from what they see with their own eyes, and hear with their own ears. "Boor" or no "boor," he is no ordinary man who can treat successfully eight thousand cases given over by "the old school;" and "quackery" or no "quackery," they will bid God-speed to a system of treatment which inculcates obedience to physical laws and a rational confidence in the efforts of NATURE.†

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FACTS AND OBSERVATIONS CONCERNING MIDWIFERY,

AS IT EXISTS IN THE BARBAROUS AND CIVILIZED
NATIONS OF THE WORLD.

BY JOEL SHEW, M.D.

THE question regarding the extent to which the pains and perils of childbirth may be modified by the voluntary habits of individuals and nations, and by the appliances of art, is one of the greatest importance to society, a subject which has been probably more neglected than any other in both medical and scholastic lore.

To prove that the evils and dangers attending childbirth, even among the most civilized and enlightened portions of the human family, may be brought to a great extent within the range of man's control, is the object of the following remarks.

Let us look first at the habits and condition of the aborigines of our own country.

The state of society among the Indians necessarily excludes the influence of many of those passions which are known to cause bodily derangement. If an Indian becomes angry, the turbulent effects of his passion are hushed in deep and lasting resentment. Envy and ambition, also, are, for the most part, excluded by the equality of savage life. "The weakness of love," says Dr. Adam Smith, "which is so much indulged in ages of humanity and politeness, is regarded among savages as the most unpardonable effeminacy. A young man would think himself disgraced forever if he showed the least preference of one woman above another, or did not express the most complete indifference, both about the time when, and the person to whom he was to be married." Thus the savage state, although being in

many respects far from a truly natural one, exempts the individuals of both sexes from those violent and lasting diseases which are well known to arise from excesses in matters pertaining to the sexual and marital relations.

It is to be observed, also, that marriages do not, as a general fact, take place among the aborigines before the period at which the body has attained its full vigor. The men seldom marry before thirty, and the women before twenty years of age. Abortion, one of the most frequent mishaps with women of civilized life, is almost entirely unknown among the Indians. They nurse their children for two years, and often longer, and during this whole period they utterly refuse the embraces of the opposite sex. The manual labor to which they are constantly subjected, and their hardy habits generally, tend powerfully to invigorate their bodies, and although they are, during pregnancy, exempted from the more laborious parts of duty, they are always habitually active. Nature is their only midwife; and according to Dr. Rush, "each woman is delivered in a private cabin, without so much as one of her own sex to attend her. After washing herself in cold water, she returns soon to the usual employments of her station;" so that, according to the authority just quoted, "she knows nothing of those accidents which proceed from the carelessness or ill-management of midwives, or those weaknesses which arise from a month's confinement in a warm room."

It is indeed said on good authority, that if, during journeys, the Indian woman is taken in labor, she merely falls back for a little on her way in the forest, delivers herself, and then shortly makes up to her companions with her new-born child on her back.

The most natural state of the female constitution, and one which is connected with the best and firmest health, is that of pregnancy and nursing; and it is a remarkable fact that there is seldom a period during the interval between marriage and the cessation of the menstrual function in which the Indian women are not either pregnant or giving suck.

Among other nations than the aborigines of our own country, we find also striking examples of the freedom from suffering with which childbirth is endured. Thus, according to Stephenson's *Twenty Years' Residence in South America*, "among the Araucanian Indians of South America, a mother, immediately on her delivery, takes her child, and going down to the nearest stream of water, washes herself and it, and returns to the usual labors of her station."

The women of Otaheite, according to "A Description of Pitcairn's Island and its Inhabitants," have all learned the art of midwifery. Childbirth generally takes place in the night-time, labor lasting seldom more than five hours. It is always safe, and no cases of twins occur. Miscarriages, too, are unknown among them, except from accident. Infants are generally bathed in cold water (which in that latitude must be only moderately cool) three times

* Vide Dr. O. W. Holmes's *Report on American Medical Literature to the National Medical Convention*, in May, 1848.

† In the compilation already alluded to, (*Bulwer and Forbes on the Water-Treatment*), the writer has endeavored to discuss this question of "empiricism" more thoroughly and minutely than the purport and limits of this article would allow. Vide the Editorial "Observations" at the close of that volume.

a day, and are sometimes not weaned for three or four years; and when they are taken from the breast they are fed upon ripe plantains and boiled taro-root rubbed into a paste. Nothing is more extraordinary in the history of the island than the uniform good health of the children; the teething is easily got over; they have no bowel complaints, and are exempt from those contagious diseases which affect children in more civilized countries. Neither the young nor the old are ever vaccinated. "The natives of Otaheite," says Captain Cook, "both men and women, constantly wash their whole bodies in running water three times every day; once as soon as they rise in the morning, once at noon, and again before they sleep at night, whether the sea or river be near them, or at a distance. They wash not only the mouth, but the hands, at their meals, almost between every morsel; and their clothes, as well as their persons, are kept without spot or stain." "The women," according to a missionary writing of these people in 1797, "have black and sparkling eyes, teeth white and even, skin thin, soft, and delicate, limbs finely turned; their faces are never darkened with a scowl, or covered with a cloud of sullenness or suspicion; their manners are affable and engaging, their step easy, firm, and graceful, their behavior free and unguarded; always boundless in generosity to each other and to strangers; their tempers mild, gentle, and unaffected; slow to take offence, easily pacified, and seldom retaining resentment or revenge, whatever provocation they may have received. Their arms and hands are very delicately formed, and though they go barefooted, their feet are not coarse and spreading. In private life they are affectionate, tender, and obedient to their husbands, and uncommonly fond of their children; they nurse them with the utmost care, and are particularly attentive to keep their infants' limbs supple and straight; a cripple is hardly ever seen among them in early life; a sickly child is never known; anything resembling it would reflect the highest disgrace on the mother."

A very worthy medical friend who spent some time at New Zealand in 1839, gave the writer lately the following particulars concerning midwifery, as practiced among the inhabitants of that island.

Women (who generally followed out-door active employments a considerable portion of the day), as soon as they experience the first symptoms of labor, retire some little distance from the settlements, among the *fern*, (a native growth resembling bushes in the United States,) by the side of a stream of pure water. Within about one hour not unfrequently the mother returns with her new-born infant, both herself and it having been previously washed in the pure stream. The child is never bound with clothes or swathed, but for a few days at first it is dressed in one light flaxen garment. This is placed loosely about the trunk of the body, the extremities being left wholly free and exposed to the action of air and light, and after a few days, they are left entirely naked, be-

ing allowed freely to roll about, and exercise their limbs, upon a mat of smooth texture. It is left much of the time in the open air, but not exposed to the sun's rays. At other times when the mothers are at work, planting or hoeing in the ground, they are allowed, even when not more than one week old, to roll among the potatoes and corn. They are often taken to the streams of pure water with which the island abounds, for the purpose of being bathed. The mothers, in consequence of their almost constant labor and exercise in the open air, and their simple habits generally, are remarkably strong and muscular, and free from deformity and disease. Their food, particularly of the inland parts, (where the finest specimens of physical development are to be found,) consists almost wholly of the vegetable productions of the earth, such as corn, pumpkins, potatoes, common and sweet, peaches and various other fruits, all of which articles grow to great perfection on the island. The New Zealanders wear but a single garment of flax, sometimes thrown loosely over the shoulders, and sometimes only about the loins. They have a great dislike to head-dresses, and never wear them.

In civilized countries, also, we find among the laboring classes, some remarkable examples of the general safety with which childbirth is endured; and it has often been remarked among the legal profession, that in cases of concealment and child-murder, a most wonderful degree of strength and capability of exertion is often exhibited. There is, it is true, in cases of this kind, a powerful stimulant for extra exertion; but even admitting this consideration in its full force, these examples afford a striking proof of what the human constitution is able to endure, even under many untoward circumstances.

Mr. Alison mentions the case of one Catharine Butler, or Anderson, of Aberdeen, Scotland, who in the spring of 1829, walked in two or three days after delivery, in a single day, with her child on her back, from Inverury to Huntly, a distance of twenty-eight miles; and the same author also remarks, "that it is not unusual to find women engaged in reaping, retire to a little distance, effect their delivery, by themselves, return to their fellow-laborers, and go on with their work during the remainder of the day, without any change of appearance but looking a little paler and thinner. Such a fact," Mr. Alison observes, "occurred in the case of Jean Smith, of Ayr, in the spring of 1824."

Among the peasant women of the mountains in Austrian Silesia, childbirth is regarded in a very different light from that among the women of our own country. They are exceedingly hardy and robust, and seem to care as little about giving birth to a child as if it were an every-day occurrence. Physicians are very rarely employed on such occasions in that country, as I learned when there by frequent inquiries. In the winter of 1848, when I was last at Graefenberg, the wife of the proprietor of the *Hotel de Graefenberg*, a very good and worthy woman, of the middling class, gave birth to her first child, with-

out the aid of any one save her husband and a female attendant; and although the labor was a severe and protracted one, lasting a day and a half, she preferred to have no physician, although one of skill and experience lived next door to them, and who was moreover a particular friend of the parties. These German peasants appear to regard labor as it should be, a *natural process*, and the degree of patience for which the German character is noted, is nowhere more strikingly exemplified than in the matter of childbirth.

Witnessing, then, the great numbers of facts that may be gleaned from the history of savage and civilized nations, concerning the safety with which childbirth and its attending circumstances may be endured by persons in the lower walks of life, it becomes a very important practical question as to what may be accomplished in the higher grades of society. To prove that there is need of a great and thorough reform, both in the habits of society generally, and in the practice of the healing art, I will bring forward some facts, which have occurred in my own experience as a healer of the sick during the past seven years. It has fallen to my lot to study the subject of midwifery with more earnestness and satisfaction to myself, than any other with which my mind has been engaged. It was, moreover, necessary for me to strike out a course of my own, a course which has been attended by a degree of success which has far exceeded the most sanguine expectations of my younger years.

CASE 1.—In 1843, Mrs. M. L. Shew, of a frail constitution, which had, years before, been greatly injured by the excessive use of tea and coffee, together with not unfrequent use of anodynes and narcotic medicines, gave birth to her first child. She had, before pregnancy, been subject to frequent miscarriages, and hemorrhages of different kinds. By prudent management in diet, bathing, wearing at times of debility or pain the wet girdle, exercising moderately though frequently in the open air, and observing the strictest simplicity and temperance in a vegetable diet, she was enabled to pass through the period of pregnancy, on the whole, very well. At the time of labor she suffered necessarily a good deal, but, through the persevering employment of water-treatment, she was enabled to sit up and walk about the first day, the birth having occurred in the morning; the second day she went down stairs into the open air, and the fourth day she walked a distance of nearly two miles to the Battery, in New York, resting a while on the benches, and then returning, the exercise causing no harm, but on the contrary, positive good.

CASE 2.—In the autumn of 1845, Mrs. Shew gave birth to a second child. She had then arrived at the close of a remarkably hot and oppressive summer, and notwithstanding she experienced various hindrances to health and the contentment of mind so important to persons in her condition, she managed, by bathing, exercise, vegetable diet, &c., to get through

the period very comfortably. The labor was again, by reason of her bodily conformation, terribly severe. There occurred, also, most frightful flooding, followed by after-pains of the severest kind. Yet, through a very persevering water-treatment, she was able, by evening, (the child having been born early in the morning), to sit up and walk a little about the room. She slept well during the night, and on the following morning, twenty-six hours after delivery, she rose, took her child in her arms and went down two flights of stairs to the kitchen. In three days' time she was able to move to a large house, walking up and down stairs numbers of times during the day, overseeing things as they were moved, and so continued to improve from day to day onward. Bathing was kept up daily, as had been her habit for years, and she partook, as was her custom, of the simplest vegetable food, eating but twice a day, and using no animal food whatever, except a small quantity of milk, and no other drink than pure Croton water. A much more detailed account of this case may be found in the *Water-Cure Manual*, page 245.

CASE 3.—Early in the summer of 1845, I attended a poor woman, of this city, who had previously borne two children. The first it was necessary to destroy with instruments before delivery could be effected. The birth of the second was attended with the greatest difficulty. A few weeks before the third confinement she consulted as to the use of water. Her husband had deserted her, so that she was under the necessity of working at her trade, (that of a seamstress), during the whole of the day and much of the night. She had thus become much enfeebled, and suffered a severe and constant pain in the side.

I advised her to wash the whole body twice daily in cold water, and to take each forenoon and afternoon as much exercise in the open air as she could possibly find time for, and bear without very great fatigue. She followed my advice faithfully, and was soon much benefited. The pain in the side was cured like magic. At the time of labor her sufferings were comparatively trifling. She had frequent washings, walked about every day, and was confined to her bed scarcely a single hour.

CASE 4.—Early in the spring of 1847, soon after my return from the old country, the same woman sent to let me know that she was again near the end of pregnancy. I found her in a dark, damp cellar, with only three small panes of glass to admit light, and where the sun never came to cheer. The house was in an alley-way, where a number of poor families existed, causing it to be exceedingly foul. Here the poor woman lived, paying a most exorbitant monthly rent, supporting herself and children by the hardest work, rather than beg. The labor this time, as before, was an easy one. It took place at midnight, as stormy an April night as I ever knew. Everything went on well, and she was left after a reasonable time to sleep, as I supposed she would. I found, however, in the morning, that notwithstanding she had been wholly free from pain, she had not slept in the

least. She acknowledged that powerful as had been the effects of water for good in her previous confinement, the old ideas had yet haunted her, that she must either die, or submit to the use of those horrible instruments that had been used at her first labor. She now felt so rejoiced that she had been again safely delivered, she could not possibly sleep. So we found her in the morning early, she, her two elder children, and the new-born babe, all on one narrow settee bed together, apparently happy and contented.

Two kind-hearted persons now went, (it being Sunday morning), and gave her a good, cold bath. She slept none during the day, the children being too noisy. She sat up considerably in bed, and at evening had a second bath. The next morning, after having slept well, the patient rose at 7 o'clock, and remained up till 10 at night; she then had another bath, slept well after it, was up and about all the next day, so went on from good to better, until she was perfectly restored. After the first washing of the infant, the mother took the whole care of it as well as of her other children, and her little household matters generally.

NOTE.—[In the next number of the WATER-CURE JOURNAL I propose to continue this subject, giving facts that have occurred more recently in my practice. Meantime I will refer such readers as may be interested in this subject to my work entitled "THE WATER-CURE IN PREGNANCY AND CHILD-BIRTH," published by Messrs. Fowlers & Wells.]

THE PROGRESS OF WATER-CURE.

BY THOMAS L. NICHOLS, M.D.

We congratulate ourselves, not without reason, on the progress of Water-Cure. There is Priessnitz, the founder of the system, practicing at Graefenberg; and here, in another hemisphere, we have Water-Cure establishments scattered over the whole country, Water-Cure physicians of the highest scientific attainments, and a WATER-CURE JOURNAL, with its eighteen thousand circulation. There are, I think, more than a dozen Water-Cure Establishments in the State of New York alone, and still not enough, probably, for the wants of the public, for Water-Cure principles, by means of the press, are gaining ground among the people faster than the increase of establishments and physicians. Let there be no fear, however, on this point. There are many sensible, enlightened, and honest physicians, who will be glad enough to give up their present unsatisfactory modes of practice, as soon as they have learned the better way, and have also learned that the people are waiting to receive it. Of this they need not fear, for the demand is above the supply, and so it is likely to continue.

There are some things connected with this progress that are peculiar and gratifying. Other systems may have made a progress as great; but I can call to mind none of the same character. Other systems, and some very notably, have appealed to a blind faith in their dogmas, and to a belief in the

marvelous. Progress in Water-Cure has been the result, it seems to me, of progress in real knowledge. The most thorough Water-Cure converts I know, are the most intelligent. Indeed, up to this time, there are few others. A man believes in water-cure, just as far as he understands its principles; but his belief in the common practice of medicine, or the use of drugs in any way, is just in proportion to his lack of such understanding. The Water-Cure patient inquires the philosophy of every application—the patient of Allopathy shuts his eyes and swallows his medicines; and so of the other systems, and no-systems. Dr. Brandreth, Dr. Townsend, and the rest, do indeed publish some fine things about "purifying the blood," but their pathology and therapeutics are rather obscure; and as to the ingredients of their medicines, why, the less people know, the better for those who sell them.

But in "regular" practice, it is not good manners to ask questions, and explanations are never volunteered. You must respect the wisdom of your medical adviser, and trust your case in his hands. He is entitled to your "confidence," and his fees; and you have nothing to do but take his recipe, and follow his directions. If you ask what you are taking, he will use his discretion about telling you; or, if he condescends to tell the truth, you will be little wiser. The common medical practice, as well as every kind of quackery, is based upon confidence and credulity.

We have changed all that. In Water-Cure, the first step toward curing the body is to enlighten the mind. The best foundation for a belief in our system, is a thorough knowledge of physiology, and the causes of disease. We have no mystery, but the great mystery of life. When we have explained the human constitution, and its relations to external nature, our work is done; and when this explanation is understood, our convert is made. The attention of people is attracted by our cures; but it is by an understanding of principles that they are converted. Hence, the necessity of our rapidly multiplying books—hence the use of our popular journals—hence the duty of all, who can speak or write to edification, to use tongue and pen in this most worthy cause.

In all this water-cure is peculiar. Other systems have their books and journals, but they are for the profession alone, and cannot even be understood by the uninitiated. What other medical journal has a circulation of eighteen thousand, with a prospect of unlimited increase? Under what other system were books for the people ever poured from the presses, as in ours? It is a new era in medical science. For thousands of years the sick world has trusted to doctors of all kinds to cure it—and the result has been an increase of diseases, and a more premature and frightful mortality. Now the waking world has taken to studying its own case, and the doom of the medical profession is sounding. When all men are enlightened upon the subject of health, there will be no need of doctors. Men will know how to preserve health; if they lose it, they will know why it was lost, and how it is to

be regained. Accidents will require that some persons of manual dexterity and mechanical ingenuity act as surgeons; but even of these there will be but little need; for the time is coming when, among the first things every child will learn, will be his own anatomy, and the laws of his being. And there shall be no more sickness. A man's life shall be as the life of a tree. A man shall go down to the grave, like a shock of corn, fully ripe. Water-cure is destined to fulfill these predictions.

It will be all day for us doctors, when this knowledge shall cover the earth, as the waters cover the sea; but as it will take a few generations to purify men from their inherited diseases, and to free them from the effects of so many centuries of poisoning, there will be work for us for some time to come. But even now, a Water-Cure physician finds himself in a very different position from the practitioner of any other school. If he has a case of fever, he would be ashamed to be more than a week in curing it. In a chronic disease, the patient makes such steady progress, and gets so thorough an understanding of his case, as to soon get beyond the necessity of advice. Nor is this all. The best of the matter is—some might call it the worst—that when a Water-Cure patient gets well, he gets, with his cure, the knowledge necessary to maintain his health forever after. A patient cured, is a patient lost; and if that patient is the head of a family, don't count on that family practice to meet your current expenses.

In common medical practice, when a physician gets a few families to take him as their regular physician, his fortune is made. He deals out his medicines, and the diseases come as regular as seed-time and harvest. The more business he has, the more he may have. The more he tinkers, the more the constitutions of his patients want mending; until the doctor and his drugs become the necessities of life. Water-Cure physicians find all this changed; and the more thorough and conscientious they are with their patients, the less will they have to do with them. We must rely upon making continually new converts. We must use every means to spread a knowledge of Water-Cure, or our very successes will destroy us; but true men can never fear the progress of intelligence, nor regret the happiness of mankind; and when our medical corps is finally disbanded, it will be because we have triumphed over disease, and there is no enemy to conquer.

I view the progress of Water-Cure, with the science and philosophy on which it is based, as being at the foundation of reforms. The first object of a sick man is health, and he can do nothing effectual in the way of bettering his condition in other respects until he has got rid of his diseases. So with the sick world—its first want is health; with that will come vigor, clear-sightedness, and a capacity for all other reforms. Give the world health, and you give it the capacity for every kind of physical and moral improvement. When a man goes through

the water-cure, he finds his moral ailments washed out of him, as well as the physical diseases on which they depend. So will it be with the world—and so ought we to labor in the Health Reform, as the best means for the renovation of human society.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTEDGE, M.D.

SMALL-POX.—No disease has hitherto stricken with so much terror the common people, as has the Variola or Small-Pox.

When this loathsome disease first made its appearance in this nether world, we have no means of knowing. Some say it was known to the Greeks and Romans, though under a different name. It was long known in Asia and China before it was heard of in Europe. The distinctive characteristics of this disease, are pus in the eruptions—which is not common to most exanthematous or eruptive diseases—and a power of propagating itself both by contagion and inoculation. It is, however, very much affected by accidental influences. Idiosyncrasies—or peculiarities of constitution—will sometimes take off all predisposition to the disease. In one instance, one hundred and twenty American prisoners were confined in the Jersey prison ship who had never been affected with small-pox, naturally or by inoculation, and notwithstanding the horrid conditions which they were in, "cabinéd, cribbed, and confined" with the disease in its most virulent form, yet almost one half of them escaped the disease. I mention these facts here, just to show that the process of vaccination usually had may not be the preventive people suppose.

As this proves that nearly one half of the people actually exposed to the worst form of it do not catch it, and if we take into consideration, that in the world at large—the great universal prison ship—not one in a hundred or a thousand are ever thus exposed, it may well be doubted whether vaccination, after all, is so sure a preventive as it has been supposed.

I know it is almost heresy to doubt the power of inoculation, but I have too long been called a heretic to mind now anything about that.

I have other reasons for disbelieving in the plenary power to prevent, of the vaccine virus, viz.:—Some of the rankest cases of confluent small-pox I ever knew—*so severe as to destroy the patient without the aid of drugs!* have occurred where vaccination had been duly effected, as testified to by the friends and the "scar."

But I do not mean to say that the invention of Jenner, who first made known the process of inoculating the matter taken from the cow into the human system, has not been of use in preventing and modifying the small-pox; but I do believe that if the truth could be known, it would be found, that it was very often more from the feeling a sense of security than anything else, as we know that fear is one of the most powerful causes that operates in rendering the victim of any terrible malady susceptible to its influence—as

fear, more than almost anything, by its depressing influence upon the nerves, lessens the power of resistance, and subdues the healthy tone of every organ, bringing thus to a level the frightened, and the otherwise vitiated and reduced. In other words, certain persons in certain conditions, with strong predispositions, natural or acquired, will, when exposed, take on certain diseases known as "contagious"—many of them falsely so called—whether vaccinated or not. For example, the measles, the scarlet fever, the whooping-cough, &c., will often enter a family of ten, and smite only one, it may be, and then again, every one.

But do you go against the time-honored practice of vaccination? Yes, most decidedly. But you admit it may operate by casting out fear, as Homœopathic medicine does? Yes, but like curing diseases with calomel, it is "casting out devils with the prince of devils." My great objection to vaccination is, not that it don't sometimes prevent and often modify, but that it is one of the most prolific sources of irremediable evil, viz.—the propagation of "humors" and "taints" to the comparatively healthy; and in my opinion, it is not necessary. In the days of Jenner, when people knew nothing better to stay its mad progress than to give drugs, and keep the patient shut up in a foul atmosphere, denying him the simplest gratification of his senses, literally letting him perish for the want of a draught of pure water or air—while the commotion made by the struggling eruption to come to the surface, was kept up and fearfully increased by the horrid medicines the double victim was made to swallow—in these dark ages, I say, it was more justifiable to use even this terrible "remedy" to stay the fatal progress of this disgusting disease. But now, in this enlightened century, in this age of Hydropathic reform, when brains and common sense take the place of abstrusities and prejudices, when all acute disease is almost completely under the control of the judicious Hydropath, to talk of introducing an almost certain *permanent evil*—making all future life a living death—in order to escape what at best is a very uncertain temporary disease, is to my mind the very worst form of pusillanimity and absurdity.

I know many are so afraid of death, that they will run almost any risks to avoid it, but do they avoid it in being vaccinated? I say no, for the virus introduced by this means often superinduces, by the poison it contains, and by the medicines taken to rid the system of its presence, the very death they were so much afraid of, with the addition of having lived in monthly expectation of it perhaps for years—whereas, supposing they had never been vaccinated, there was not more than one chance in a thousand that they would ever have had the small-pox; and even if they did get it, there would be, under ordinary management, now-a-days, even where the physician has not been "born again," but one chance in a hundred of his dying! But supposing even that chance was his! I should say far better take it, than to live with the festering seeds of corruption in you,

live you never so long—ay, such a life would be like self-righteousness, the more you had of it, the worse it would be for you.

But thanks to the progress of reform, there is now no need of anybody's dying with small-pox, or any other acute disease, if not constitutionally diseased; and no real Hydropath will ever think of using vaccination any more than he would medicines.

(But says one, "Some Hydropaths use medicines." I deny it; no real, *bona fide* Hydropath who is well versed in the science of Hydropathy, and has had a large experience, would ever use medicine in any form, unless for clap-trap—for this reason, *it is never necessary*. I speak for one here, though I might speak for hundreds of others. I know there be others, very learned ones, too, who deal in dear little doses of medicines, and because their patients get well in spite of them, they think some credit is due to them; such, I am convinced, if they would but have the courage to trust to the all-healing power of the Water-Cure, would find no need of any factitious aid.)

But to return. "Small-pox will come, whether or no, and now tell us how to cure it," &c.

The disease commences its hostilities by getting up a regular "fever-fit," that is, heats and chills, with sore throat, and often vomiting.

About the fourth day, the eruption begins to appear, on the face, neck, and chest, in minute flea-bite-looking spots, which multiply every night for four days, by which time there is a pretty smart crop of pustules all over the body; even the tongue and the eyeballs will be covered oftentimes; the face has five to one, though, of any other part. The space between the pimples is reddish, and grows redder daily, as the pustules ripen. About the eighth day, the pustules are completely filled. On the eleventh, the fever, which is highly inflammatory, and the pustules, begin to abate.

The treatment, of course, depends altogether upon the virulence of the disease; in some cases there will be but very little fever, and in others a large amount. All that is to be done is to immediately proceed to getting the system into the best possible condition, which won't do any harm, even if the disease should prove to be something else! If there be great heat, put out the fire, without stopping to ask what caused the combustion, and use the most natural means you can think of. I think you'll find that cold water, inside and out, is about as good an article as you'll be likely to find handy.

Even the most conservative Allopath of the present day uses more or less freely cooling drinks, fresh air, and sometimes cold sponging; and the beauty of this treatment over the old-fashioned way of keeping them in close, heated rooms, with nothing cool about them, inside or out, has been manifest, very—even to the most unregenerate Allopath himself. One of the most distinguished writers of the old school, in a late work, says, "Exposure to fresh and cold air is nearly, if not quite, of as much service as calomel!" and that "cold water is usually

Prescribed in large draughts for the same purpose, and very generally proves highly refreshing !!"

To prove that this is an improvement over the old-fashioned way, by stimulants, &c., I need only refer the reader to the fact, that the mortality of late is but trifling compared with what it was in olden time. As for the mortality when treated hydropathically, it is almost entirely done away !

The real Hydropath has such faith, that he would not thank any one to insure him from it, or its effects, and never thinks of vaccinating anybody. If there be much fever when first called, I generally put them into a sitz bath of about 60, and wash them down, while in it, till well cooled down ; then, to facilitate the appearance of the eruption, I put them into a wet sheet of one or more thicknesses, and keep them in from fifteen to forty-five minutes, which will of course be followed by a wash-down, till cool again ; afterward the sitz baths and the wet sheet, rubbing or packing, is ordered once in three, four, or six hours, as the case may seem to demand, keeping bandages meanwhile, wrung out of cold water, on the throat and over the viscera, changed as often as hot, the patient being allowed all the cold water he can conveniently drink, and the bowels kept properly open with tepid injections.

The great object is to keep the fever down, and to remove all obstructions. While, if you do this, the recuperative power within rids herself of the eruption, in precisely the same manner as a barrel of beer will relieve itself of any impurities.

In short, however terrible in name a disease may be, and in nature really is, to the poisoner who fights against nature ; to the resolute and understanding Hydropath it matters not, for if taken in any kind of season, and in a decent constitution, it can be cured more easily than he can let it alone.

REVIEWS.

TO PARENTS.—The publishers have long felt the great necessity of a serial publication, devoted to the development of MIND and BODY, adapted to the capacity of youth. Such a work has at length been commenced, under the very appropriate title of

THE STUDENT.

The Editor will devote himself exclusively to its pages. All subjects which will interest and instruct youth, of both sexes, will be served up in a delicious and palatable manner. Besides an interesting MISCELLANY for FAMILY READING, it will advocate such reforms in our systems of Education as the present age demands. PHYSIOLOGY will be illustrated, and explained in a familiar manner, so as to be understood by children.

PHONOGRAPHY will also be introduced, commencing with the first principles, leading the student gradually onward, until the whole system shall have been given. It is a source of rejoicing, that OUR CHILDREN may now have the facilities through which to obtain an education at school or at home. We say, then, to

all who have children, or ever expect to have any, send for the Student.

THE Second Annual Report of the NEW JERSEY LUNATIC ASYLUM, published at Trenton, has been received. We regard this Institution, under its present management, one of the best in the world. We are intimately acquainted with the presiding physician, Dr. H. A. BUTTOLPH, and a more capable man, to fill this responsible office, since the death of Dr. Brigham, cannot be found. The Newark Daily Advertiser says: "It has, as our readers know, been considered the model asylum of the country by capable judges, and we are happy to see by the report before us that its affairs continue to be in a good condition. The Board of Managers, of which the Hon. JAMES PARKER is President, express their 'unqualified approbation of the distinguished skill and untiring devotion' of the Superintendent, Dr. Buttolph, and add that all the subordinate officers have acquitted themselves with fidelity. The asylum grounds, comprising 111 acres, produced last year under the management \$1778. The whole receipts last year amounted to \$44,409, and the payments leave a balance of \$180 on hand. During the year 179 patients enjoyed the benefits of its care, of which 44 were restored to reason and their friends: 14 were discharged as improved, and 9 died, leaving 110 under treatment at the date of the report. The proportion of cures is larger than is exhibited in either the Pennsylvania, the Rhode Island, or the M'Lean (Massachusetts) Institution. The expense of maintaining the patients in this Asylum is \$2.75 per week. In the M'Lean Asylum it is \$4.55; in the Pennsylvania \$3.82; and in the Rhode Island \$3.06."

This speaks volumes for the New Jersey LUNATIC ASYLUM.

ANNOUNCEMENT.—IN PRESS, and will be published on the 15th of May, AN INTRODUCTION TO THE WATER-CURE, by THOMAS L. NICHOLS, to be published by FOWLERS & WELLS. A more particular notice will be given in our next number.

MISCELLANY:

GOSSIP FROM BOSTON BY NOGGS.

DEAR BROTHERS IN THE WATER-CURE:—Your last Journal was a bouncer, and everybody seems to be aware of it. April showers, indeed! Ay, a perfect pouring wave and douche, and it was delightful to "plunge" into it, "IN MEDIAS RES," as the lawyers say.

We not only recognized old and familiar water "curates" whose lucubrations have delighted us "full many a time and oft," but old and valued friends, who since your last advent had become "one of 'em" who "delight to serve the Lord" by helping his children. I mean brother Nichols; his well-written article, and the manly ground he takes, has won all hearts this way, and we extend the right

hand of fellowship, and bid him welcome with our whole heart, and most firmly believe he will be, as his talented wife long has been, an honor to his profession, and a most valuable member of society.

Brother Mundie too has taken a "stand," and if he does half as much for America, as his article tells us he has done for Europe, he will be indeed an acquisition. Brothers Trall and Shew, and Houghton too, and Rogers, with their pen, like several others—Water-Cure brothers—have worked like noble men.

God bless them all I say, for the field is white, and ready for the reaper, and all that we ask of those who *sincerely* believe in the Water-Cure, is, that they will "come over and help us." One of the greatest curses inflicted upon every new cause, is the existence among its espousers, of individuals, who, living as parasites upon the world, are ready the moment any movement becomes popular, to throw themselves into it, without knowing or caring to know anything about its principles—a word of no meaning to them.

Let all, then, who really love Hydropathy, be united, and show to the world that the Water-Cure is all that it pretends to be, in spite of the lies of the enemies thereof, and the ignorance and wickedness of the wolves in sheep's clothing, which prowl upon its friends.

There is field enough for combat among Allopathic error, without fighting one another.

The cause goes nobly on here away, and all is joy among the disciples of the new and better way. The Allopaths, like some of their pills, look rather "blue."

MORE CONFESSIONS.—In a recent conversation with a middle-aged "regular" practicing physician, now residing in Tompkins county, New York, the following candid confession was made:

"I have practiced medicine for the last twenty years, according to the regular mode, and with ordinary success. For the last year, however, I have discarded the lancet in my practice, and reduced the quantity of medicine. I have charged my patients for medicines to the amount of ONE THOUSAND DOLLARS, while I have actually *used* but two dollars worth, and my success has been greater than ever before." We have no comments to add.

THE FIRST AMERICAN VEGETARIAN CONVENTION will meet in New York, on the 15th of this month. Friends from Boston, Philadelphia, Cincinnati, and other cities will be present—in fact, delegates from most of the States are expected, and the leading VEGETARIANS from England and Scotland will be looked for.

The various RELIGIOUS and INFIDEL societies, BIBLE and ANTI-SLAVERY societies, PRISON REFORM, and ANTI-CAPITAL PUNISHMENT societies, SOCIALISTS, and LAND REFORM societies, and all others, have their anniversaries commencing the same week. Next year we intend to have a great universal HYDROPATHIC CONVENTION, and thereafter a yearly an-

niversary, which, in point of real UTILITY and interest, will eclipse all others. So may it be.

R. S. HOUGHTON, M.D., has opened a fine Water-Cure Establishment at No. 8 West Eleventh street, near Broadway, New York city, where all who desire it, may receive Hydropathic treatment. For particulars, see advertisement.

WATER-CURE IN MAINE.—DR. FARRER has a fine place in Waterford, Me., which was established a few years ago, for Hydropathic purposes, and was then under the direction of Dr. KITTREDGE; now SETH ROGERS, M.D., is the resident physician. Of course, it will attract large numbers.

WATER-CURE IN INDIANA.—DR. J. A. Pomeroy, Hydropathic physician, of Newtown, Fountain County, Indiana, has recently opened a house for the treatment of those who may wish to avail themselves of his professional services. Dr. P. proposes to furnish us with a report of several important cases for publication in the Water-Cure Journal.

DR. SHEW'S WATER-CURE ESTABLISHMENT, on the corner of Twelfth street and University Place, is now in successful operation.

The house is pleasantly situated in the upper part of the city, away from the noise and confusion of business. In fact, it is almost equal to a residence in the country.

The advantages for treating diseases on Hydropathic principles at this place, are not surpassed by any other in our city. For terms, see advertisement.

DR. ROOF has reopened his place at COOPERSTOWN, N. Y., where he has restored to health so many valuable lives. Those who know the Doctor best, regard him with respect, gratitude, and affection. His amiable wife is always at home.

DR. TRALL'S extensive establishment was opened on the first of April, at OYSTER BAY, L. I., and is now in the very best condition. Good food, good treatment, and GOOD HEALTH, ought to be obtained at this celebrated resort.

DR. E. E. DENNISTON continues to receive and treat the afflicted on Hydropathic principles, at his pleasant Retreat, on Round Hill, near Northampton, Massachusetts, where the bright waters abound.

DR. NICHOLS AND WIFE (it will be seen by their advertisement) have opened an Establishment at No. 87 West Twenty-second street, near the Sixth Avenue, in New York city, where may be found all the conveniences for the Water-Cure practice.

WATER-CURE IN NEW JERSEY.—DR. MEEKER, of South Orange, N. J., has the largest, best, and every way the most attractive Water-Cure House in the State, which is always liberally patronised. This place needs no recommendation from us.

NOTICES.

A BUSINESS RHYME.—DEAR FELLOW-CITIZENS,—

Please send—the world to mend—

The following books to me,
Shew's Water-Cure, which, I am sure,
One of the best will be.

And also send, for the self-same end,
Some physiological lore,
That all may know, that if in sin they go,
Their organs will soon be sore.

Some "Pregnancy," too, that the women may view
The altered condition they're in,
And know when they eat rich pies, cake, and meat,
They're committing the greatest sin.

Ten* of the first, and five of the second,
And three of the third you'll send,
And then I, your servant, will try
This drug dosed world to mend.

NOGOS.

The books we send
To our old friend,
The world to mend!

We hope he'll not fail to let men know
The result of the way in which they now go.
Tell them to keep the narrow, straight road,
To bathe and be clean, as all people should,
Who wish to be healthy, wealthy, wise, and good.

THE YOUNG ONE.

LEND YOUR JOURNALS.—By the kindness of subscribers, who freely lend their numbers to their neighbors, many new converts are made to the WATER-CURE, most of whom finally become subscribers, and they, in return, bring other friends into the good cause. Thus we go on increasing and multiplying. We intend that everybody shall become acquainted with the "Water-Cure." Then, STAND BACK, ye "Regulars."

J. H. W., of NEW ORLEANS, makes use of the following language, in a letter to the editors of the "Delta," referring to the Water-Cure. J. H. W. has been a subscriber to the Journal about two years:—

"TO THOSE WHO HAVE TRIED IT.—Come all ye, who have been snatched from the brink of death, by this almost superhuman agency, and reveal the fact to your friends and neighbors, that they too may participate in this unparalleled blessing—THE WATER-CURE."

FOWLERS & WELLS, of this city, have recently published a Treatise by RAUNE, a German, on the Water-Cure. It is one of the most philosophical dissertations on that subject that we have read.—NEW YORK EVENING POST.

The work referred to is WATER-CURE IN ALL DISEASES, and it is truly an excellent work. Price, 50 cents, mailable.

THE ANNIVERSARIES, in New York, commence the second week of the present month. We shall expect to see large numbers of our Hydropathic friends from all parts of the States. Those who may wish to send additional subscribers may do so, through those who visit our city, at that time.

* Dollars worth.

MAIL FAILURES.—It is very seldom that we receive complaints from our subscribers, in regard to the non-reception of the Journal. Whenever we are informed of a failure, we at once re-send the missing numbers, in order that each subscriber shall have complete files for binding.

STUDENTS, during vacations, will do well to take an agency for our publications. They may make it a source of profit to themselves, and at the same time, DO GOOD. Here, then, young men, is a chance for you.

J. W. BOND & Co., Baltimore, Md., will supply all books and periodicals published at the WATER-CURE JOURNAL OFFICE, at New York prices. Our friends in Maryland will do well to give this house a call.

IN NEW ALBANY, IND., our publications may be had at the house of Mr. JOHN R. NUNEMACHER, at New York prices, or at wholesale, by those who may wish to buy to sell again.

IN ITHACA, N. Y., our publications may be had at the store of ANIMUS, GAUNTLETT, & Co., and by GRIDLEY, in Oswego.

A. C. BARRAY & Co., booksellers, of Racine, Wisconsin, will keep a supply of our publications.

HON. HORACE MANN and HON. THOS. J. RUSK will please accept our thanks for valuable public documents.

TO CORRESPONDENTS.

FREQUENCY OF MEALS.—M. L. H., of Western Reserve, Ohio, inquires how many times a day nature requires us to eat? We do not think nature has limited us to any specific number. She has, however, ordained simplicity and regularity. One, two, or three meals may be equally healthful, provided one is trained to such habits from early life. The only condition indispensable is, not to crowd the meals too near each other for the rest and reinvigoration of the digestive powers. Meals, therefore, should be nearly, or quite six hours apart, or more. Animals may eat promiscuously, irregularly, and at all hours, when hungry, because their brain not working much, all the nervous energy can go to the alimentive function. Human beings, whose brains are destined to think and labor, must obey the laws of periodicity, so that both the mental and physical being can have alternate exercise and repose.

MRS. B. SOUTH LINCOLN.—The symptoms you complain of arise from a diseased liver. Commence the treatment with tepid sponge and tepid sitz baths. Use foot baths, also, frequently. After a few weeks, use the water cold, and, if practicable, employ the packing sheet as often as twice a week. Use cracked wheat or brown bread enough to keep the bowels free. If necessary, add injections.

MANIKINS may be obtained at prices ranging from \$350 to \$1,000. Six feet manikins, with all the parts, are doubtless the best, yet those four feet are much in use. The publishers of the Journal import them, to order, from Paris.

NATURE AND TOMATOES.—M. L. H. asks why it is, that if tomatoes are healthful fruit, nature almost always refuses them at first? Our friend does not distinguish between nature and its perversion. Who knows anything about a natural appetite? The present generation have certainly, to a great extent, very artificial appetites. These may have been acquired or transmitted from parents. We must, therefore, go beyond mere apperitency to physiological principles, in order to determine what is *per se* good to eat.

E. PALMER, of Fort Ann, Washington County, New York, says he can furnish any quantity of young Hemlocks, for hedges. Those who may desire them, will state size and quantity, and address him, post paid, as above.

P. S.—The postage on the A. P. Journal is exactly what it is stated to be, namely, 2½ cents anywhere in the United States.

D. A. C.—In looking over my list of subscribers for your Journal for this year, I perceive that I have obtained over forty. I intend to make the number come up to fifty. Shall I not be entitled to the reward?

ANSWER.—Yes, Sir. A reward from the publishers, and, doubtless, a reward of many thanks, from subscribers into whose hands you have placed the Journal.

C. C. W. reports a case of cure of lung fever by the use of water. Such reports are cheering and frequent. Go on, friend, success is yours. You can help the cause along. Let us hear from you again.

VARIETIES.

THE EXPRESSES.—The three express companies of Wells & Co., Butterfield, Wason & Co., and Livingston & Fargo, have been consolidated into one association, with a capital of \$150,000, and under the title of "The American Express Company." The company is under the direction of seven trustees, all of whom are men of character and experience. Mr. Henry Wells, of this city, now in Europe, has been chosen President; John Butterfield, of Utica, Vice President, and William G. Fargo, of Buffalo, Secretary. The acting directors and managers are Henry Wells, Johnston Livingston, and John Butterfield, of the lines from New York to Buffalo; and William A. Livingston and William G. Fargo, of the lines west of Buffalo.

THE PRINCIPAL SOUTHERN and Eastern Expresses, running out of New York, are those of **ADAMS & COMPANY**, **HARDEN & COMPANY**, and **KINSLEY & COMPANY**, connecting, with other Companies, in every city in the United States and the Canadas. All these Expresses run daily from the Office of the **WATER-CURE JOURNAL**, in Clinton Hall, taking boxes, trunks, and packages of books, and other goods, to all parts of the civilized world. A very great convenience, indeed, are these various expresses.

GOOD ADVICE FOR BOYS.—Be brisk, energetic, and prompt. The world is full of boys, and men too, who drawl through life, and decide on nothing for themselves, but just draggle one leg after the other, and let things take their own way. Such people are the doll stuff of the earth. They hardly deserve as much credit as the wooden trees, for the trees do all they can in merely growing, and bearing only leaves and seeds. But these poor, drawling, dragging boys do not turn

their capacities to profit half as far as they might be turned; they are unprofitable, like a rainy day in harvest time.

Now the brisk, energetic boy will be continually awake, not merely with his bodily eyes, but with his mind and attention during the hours of business. After he learns what he has to do, he will take pride in doing it punctually and well, and would be ashamed to be told what he ought to do without telling. The drawling boy loses in five minutes the most important advice; the prompt, wide-awake boy never has to be taught twice, but strains hard to make himself up to the mark, as far as possible out of his own energies. Third-rate boys are always depending on others, but first-rate boys depend upon themselves, and after a little teaching, just enough to 'know what is to be done, they ask no further favors of anybody. Besides, it is a glorious thing for a boy to get this noble way of self-reliance, activity, and energy.

"**COD-LIVER OIL**" is one of the certain cures for consumption which have been discovered any time these last twenty years. It is supposed that there is as much of this article now for sale as could have been fried out of all the cods that have swam since the flood. Speaking of this "infallible remedy," the "Boston Post" says, a young man applied some of it to his chin, on the supposition that it was bear's oil, and forthwith the lower part of his face was covered with scales. He very much resembles one of the cod-fish aristocracy.

BOOK NOTICES.

THE AMERICAN FRUIT BOOK, containing directions for raising, propagating, and managing fruit trees, shrubs, and plants, with a description of the best varieties of fruit, including new and valuable kinds; embellished and illustrated with numerous engravings of fruits, trees, insects, grafting, budding, training, and so forth. By S. W. COLL, editor of the New England Farmer, and author of various agricultural works. New York: C. M. Saxton, and Fowles & Wells. Price 50 cents.

Our friend, Mr. Hartwell, nurseryman, presented us with a copy of this work, which we have read with great interest. It is probably unequalled by any other work of its price on the subject. Of course, everybody should have a copy. **THE PHYSIOLOGY and ANATOMY of both TREE and FRUIT** is thoroughly exhibited. It is the most appropriate gift for a young man (and our wife says, "OR WOMAN") that we can recommend.

THE AMERICAN AGRICULTURIST continues to be a favorite with all sensible farmers. It is also valuable and interesting to manufacturers, political economists, and to families. The editors quote that truthful and very appropriate motto from Washington, namely, "Agriculture is the most healthy, the most useful, and the most valuable employment of man." A. B. & R. L. ALLEN, editors. C. M. Saxton, publisher, New York. Terms, \$1 a year, in advance.

THE LIFE, LETTERS, and SPEECHES of KAH-GE-GA-GAH-BOWE, or **GEORGE CORWAY**, Chief Ojibway Nation, with a likeness of the author. New York: for sale at the Journal Office, price 50 cents, available.

From the pen of a "child of the forest," once a savage, now a Christian. In no other subjects do we find more real interest, than those connected with the Indian tribes of North America.

In this book Mr. Copway has given us many exciting narratives connected with his life. It would be well if all our people were more intimately acquainted with our Indian history.

LITTELL'S LIVING AGE.—This great work has reached its twenty-fifth volume, and is unquestionably the best literary serial compilation in this or any other country. It embraces the widest range of thought, and contains the quintessence of all that is published in the weekly, monthly, and quarterly prints, of the Old World and the New. It should be in the hands of every man and woman who value good reading. For full particulars, see prospectus in our advertising department.

THE AMERICAN CABINET AND BOSTON ATHENÆUM, a family journal of useful and entertaining literature, art, science, education, mechanical inventions, manufactures, agriculture, and news. **HENRY MASON** and **M. M. DEAN**, editors. Terms, \$2 a year, in advance.

This is a large quarto weekly paper, devoted to the best interests of our people. The Cabinet is one amongst our numerous exchanges which we always read, and pass over to our family, to be read by our wife and all the children, then to be filed, for binding, as we regard it worth handing down to posterity. Address, Henry Mason, 128 Washington street, Boston, Mass.

THE AMERICAN POULTRY-YARD, comprising the origin, history, and description of the different breeds of domestic poultry, with complete directions for their breeding, crossing, fattening, and preparation for market, including specific directions for caponizing fowls, and for the treatment of the principal diseases to which they are subject. Drawn from authentic sources and personal observation. Illustrated by numerous engravings. By **D. J. BROWNE**, author of the *Sylva Americana*, with appendix, embracing the comparative merits of the various breeds of fowls. By **SAMUEL ALLEN**. Price 75 cents, mailable. New York: C. M. Saxton, publisher.

This is, doubtless, the most complete work on the subject, and will attract the attention of all farmers. The title sufficiently indicates the character of the work. It will have a very large sale.

LATTER-DAY PAMPHLETS, edited by **THOMAS CARLYLE**, No. 2, Model Prisons. Boston: Phillips & Sampson, publishers. Price about 12½ cents; worth about "a wooden oarpenon."

Such snapping and snarling, scolding and blowing, we never saw in print before. He is evidently *INSANE*, and should be so regarded by his friends, whose duty it is to take care of him. We would recommend frequent duckings in cold water of the *COMBATIVE* portions of his brain, and warm applications on his *BENEVOLENCE*. But we regard his case hopeless. He is not a fool, but crazy, and needs our pity. Let us be charitable. Poor Thomas Carlyle! He was an interesting young man, but has *lost* his reason, and writes strangely, wildly, and badly. He has climbed the ladder of fame, and nearly reached the top round, but, alas, he has *fallen*. Poor Carlyle!

TRIPPINGS OF TOM PEPPER. By **HARRY FRANCO**. New York: Mirror Office, and Stringer & Townsend.

Whoever read these spirited sketches of literary life in New

York, as they appeared in the *Evening Mirror*, will be glad to possess the entertaining work in two neat volumes. It abounds with capital bits, humorous delineations, and shows a shrewd perception alike of the foibles and the virtues of mankind.—*Commercial Advertiser*.

These are our views, exactly. Price of the book \$1.00

PHRENOLOGY AND THE SCRIPTURES. By **REV. JOHN PIERPONT**.

Fowlers & Wells have just issued a small work with the above title. The ability of the author to do full justice to this most important subject—the harmony of phrenological and scriptural truths, will not be questioned. It is enough to say of this little book—a shilling book, too, by the way—that it completely redeems the science of phrenology and the truth, of holy writ from conflicting with each other; and shows us wherein bible and mental philosophy go together to illustrate that first principle in all rational codes of morality,—that every truth in universal nature is in unity with all other truths.

AN ESSAY ON THE OPIUM TRADE, including a Sketch of its History, Extent, Effects, etc., as carried on in India and China. By **NATHAN ALLEN**, M.D. Boston: John P. Jewett.

An able and valuable document, well matured and arranged. It is an *8vo.*, of about 70 pages, got up in the most dignified manner. We have marked facts and statistics, for publication in the *WATER-CURE JOURNAL*; yet we would recommend all who feel an interest in this matter to buy the book. Price 25 cents.

THE CHARACTER AND WORKS OF CHRIST. By **WM. B. HAYDEN**. Boston; Otis Clapp, publisher. After a perusal, we shall speak of this again.

THE PHILOSOPHY OF ELECTRICAL PSYCHOLOGY, in a Course of Nine Lectures. By **DR. JOHN BOVVO DOPS**. New York; Fowlers & Wells. Price 37 cents, mailable. Just published.

We shall notice this work more at length in a future number.

THE PULPIT REPORTER.—This is a semi-monthly publication, in newspaper form, containing verbatim reports of Sermons preached by various distinguished clergymen, of all denominations, and in all parts of our country, which forms a very peculiar, and, in our opinion, happy combination of opinions. Thus we find in the same sheet, the names of Barnes, Kirk, Bush, Austin, Choever, Chapin, Hughes, Lansing, and others, of equally dissimilar views. We have frequently taken the ground, that if we could become acquainted with the numerous systems of religion, as taught by the ministers and priests of modern times, that we should be more tolerant, and less inclined to persecute those who honestly entertain opinions differing from our own. We think the Pulpit Reporter will have a tendency to "open the eyes of the people," and enable them to see, hear, and know what is said by the expounders of the Scriptures, looking at the subject from all points, and through different glasses. The people will have an opportunity of judging for themselves of the merits of these different religious doctrines to "try all things, prove all things, and hold fast that which they may think is good." This paper is published in a neat form for binding, at \$2 a year, by Holbrook, Buckingham, & Co., 128 Fulton-street, New York.

THE WATER-CURE JOURNAL.

HYGIENE THE TRUE MORAL OF THE CHOLERA.

BY ROLAND S. HOUGHTON, A.M., M.D.

[We commenced the publication, in our last number, of Dr. HOUGHTON'S Lecture on HYGIENE as "the true MORAL OF THE CHOLERA," which he delivered on the 6th of December last, at Clinton Hall, in this city, before the Mercantile Library Association. At the point where we left off, Dr. HOUGHTON had concluded a very graphic illustration of the manner in which COMMON-SENSE SIMPLICITY often succeeds where *excessive cunning* has been foiled. The lecturer then proceeds to "make the application" as follows.—*Pub. Water-Cure Journal.*]

Just so with the *Cholera*. Our medical "perfects" have been equally astute and equally persevering; they have bottled up air for chemical analysis; they have sought with really painful diligence for the secret *virus*, the mystic "ozone;" they have striven to raise a plentiful crop of choleraic fungi, or draw in a net-full of picturesque animalculæ: but the world is no wiser than it was before. At one time, indeed, an electrical "Eureka" was shouted forth in Paris, when lo! alas! both thunder and lightning became manifest in the heavens, but with no effect whatever upon the raging pestilence. And so died the last of the theories—disappearing literally in a flash of lightning!

In this dilemma, the question arises, may we not safely borrow a hint from the tale of "the purloined letter?" Is it not worth while to look straight before us? And even if we should not be able to solve the subtle and intricate problem of the Cholera, in all its wide and extensive bearings, may we not at least endeavor to ascertain its *moral*, with a view to PREVENT, if we cannot cure? Herein, I conceive, lies a fertile field for profitable inquiry.

What, then, do we behold on looking thus straight before us? What seems to constitute the especial prey of this monster epidemic? Who and what are the unhappy wretches thus swiftly exterminated by this ruthless demon? These are the questions that now demand our closest attention.

Let us first glance at the birth-place of the cholera, and the scene of its development; let us see if we can discover any peculiar reason why the clime of *Hindustan* should yield a poison so malignant and so fearful. A land of monsoons, abundantly supplying dampness of air,—of a burning sun "volatilizing into greater subtlety the gases of decaying organization,"—of various miasmata poured into the air from jungle, marsh, and alluvial deposit, from fields of indigo, cotton,

and rice, from "the muddy and slimy banks of the broad oriental streams,"—where could we find a more fitting home for this horrible plague? Where shall we look for more easy victims than the enervated European, sweltering in his crowded and ill-constructed barrack, or the degraded Pariah groveling in his "close and fetid" Hindoo village?

Look next at the Affghan, the Persian, and the Turk, and where do we find the mortality most frightful? Invariably in those spots where the inhabitants are of unclean and debasing habits, and the air contaminated with foul impurities—reeking with "the effluvia which constantly stream up from dense masses of people, paying little attention to personal cleanliness, and to the prompt removal of decaying substances."

Pass on next to "temperate Europe." The cholera in Moscow, in 1847, was chiefly confined to the poorer classes, who subsist on miserable or raw kinds of food, and impure water, and whose condition in life, in other respects, is equally deplorable.

The cholera-districts in the city of London are thus described by the Sanitary Commissioners: "The neglected and filthy parts of the metropolis; the parts unvisited by the scavenger; the parts which are without sewers; or which, if provided with sewers, are without house-drains into them; or which, if they have both sewers and house-drains, are without a due and regulated supply of water for washing away their impurities, and also for the purposes of surface-cleansing and domestic use." The mortality in these districts (say late accounts) is thus returned by the Registrar-General: Out of a population of two millions, no less than 14,538 persons died in fifty-five weeks; and, of this number, 6,657 died after less than one day's attack of the actual disease; and, of the remainder, 2,446 died ere forty-eight hours had elapsed after the cholera had actually marked its presence. In other words, very nearly one half were cases of sudden death.*

Some few of the reasons why the city of Paris should suffer so fearfully from epidemic cholera, are thus forcibly stated by M. Bureau-Riofrey, a distinguished physician of the French capital, and now, I believe, a resident of New York:

"It would seem, at first sight," this writer observes, "that one need entertain but slight dread of epidemics in our large cities. At Paris, one admires the houses so splendidly built, and then the apartments so luxuriously furnished; he is next amazed at the richness of the gilding, the

* London Times.

glasses, the mirrors, the bronzes, the statues, the vases, and most *recherché* woods: everything would seem to exclude the idea of insalubrity. Yet, in spite of all this brilliant exterior, Paris is perhaps the most unhealthy of capitals; it wants air, water, cleanliness, and above all, sewers. It wants air in this sense, that almost all the houses are narrow, and the ceilings low; in a Parisian apartment, one feels imprisoned. It wants water, because it is sold at an extravagant rate; water is six times as dear in Paris as in London, where everything is so dear. It wants cleanliness, for hygienic measures are incomplete or powerless. Each house, and in every house, each flight, are the foci of vapors more or less foul. The remains of food, the water of washings, corrupted and surcharged with decomposing and fermenting organic matters, the emanations of workshops, the residue of manufactures, the accumulation of all excretions cast into the street, and turned and returned a hundred times daily by the seekers for rags; this accumulation of ordure, or of excretions in fermentation, alters, in a very great degree, the purity of the air of this capital, which believes and proclaims itself to be at the head of the civilization of the world.*

In view of this picture, what room for wonder that the cholera "holds high carnival" at Paris!

Crossing over the Atlantic, we are now arrived on more familiar ground. In the city of New York, the cholera broke out, for the first time last summer, on the 11th of May. The scene of the outburst, I hardly need remind you, was a part of "the Five Points," in the Sixth Ward. This horribly "foul and offensive" region is so widely "pre-eminent for its destitution and vice," that the loathsome cholera could hardly have chosen a more fitting locality for its first appearance. The outward condition of the early victims is thus depicted by the Resident Physician: "In a rear basement, surrounded with filth and wretchedness, I found the body of a woman, who, a few minutes before, had expired. There was no mistaking the cause of death: the pinched and sharpened visage, the corrugated, blue, and attenuated appearance of the body, showed too plainly the nature of the disease which had marked its victim: Asiatic cholera was manifested in every expression. While there, I endeavored to obtain what information I could from the persons by whom she was surrounded: yet I found it almost impossible to get a reply to the most simple interrogatory. In truth, the idiotic condition to which rum, debauchery, and extreme wretchedness, had reduced the intellects of these loathsome objects of humanity, completely incapacitated them from comprehending the meaning of the most simple question." No less than seven cases occurred in this wretched tenement: and the cholera thenceforward gradually spread throughout "the Points."

We now began to hear something of "*precau-*

tionary measures," in the way of purifying this horrible plague-spot; but to a reflecting mind it seemed very much on the well-known principle of looking up the stable after the horse had been stolen. Houses, alley-ways, yards, and styes, were accordingly cleansed; and 3000 swine were removed to the outskirts of the city. All this was very well: only it ought to have been done long before, to produce any marked effect in the way of prevention. As it was, it only served "to lessen the extent and malignancy of the disease."

On the 26th of May, several cases occurred in Mulberry street, four hundred yards from "the Points;" and on the 6th of June, the cholera broke out in the First Ward, (in the southern part of the city, on the North River side,) amongst our foreign, immigrant population, and raged for two weeks "with considerable violence." From the 10th of June to the 20th of August, 170 deaths by cholera occurred in the Seventh Ward, on the East River side—a region in which many of the population were "emigrants, and persons utterly destitute of the ordinary comforts of life." The cholera next appeared in the Twelfth and Sixteenth Wards, in the northern part of the city, where it raged with great violence for about two months. "The cause of its long-continued and malignant character in this part of the city," says the Resident Physician, "can only be accounted for from the fact that there were found many filthy localities spread over the surface which was occupied by the epidemic. Several bone-boiling establishments were discovered, with immense piles of bones scattered around, while heaps of the same were found with meat attached, and all in an advanced state of decomposition, and exhaling a stench which was horrible in the extreme. These, together with manure-heaps, pools of stagnant water, and a horse-killing establishment, were believed to contribute much toward prolonging the epidemic character of the disease; in consequence of which, the Sanitary Committee were obliged to close the establishments until the disease ceased to exist among us."

In this connection, I must advert for a moment to a branch of the duty of the City Inspector, during the cholera season; hardly a day passed, at one time, when he was not summoned to abate some atrocious nuisance. Prominent among these were the overflowing grave-yards, some of which presented an appearance so horribly loathsome that one could hardly avoid coming to the conclusion that the cholera was nothing but a *just punishment* for such gross irreverence for the remains of the dead!

But to continue my recital:—

In the latter part of August, the cholera extended over a large proportion of the north-eastern part of the city, while it rapidly declined in most of the lower Wards. About the 1st of October it had nearly disappeared from our city, having swept off altogether over 5000 victims—to say nothing of 3000 who perished of kindred disorders.

Of the ravages of the cholera in other parts of the continent,—from Boston to Independence,

* Du Cholera: Moyens preservatifs et curatifs, on Philosophie des Grands Epidémies. Par M. BUREAUD-RIOPREY, D. M. P., etc.

from Quebec to New Orleans,—my limits do not permit me to speak in detail; nor, indeed, is it needful, when the graves at Nashville, St. Louis, and Sandusky, are yet so green. I shall not, therefore, proceed with a tedious enumeration of the peculiar attractions presented to the cholera by our new country, and our new people. We have already seen that, in Asia and Europe, the conditions of its spread, and of the liability to attack of individuals in a community, are precisely identical: allowance being made for the respective difference in the grades of civilization.

We have also seen that the same liability, the same conditions of spread, precisely, prevail in New York. Suffice it to add that, in the New as in the Old World, the chief victims of the cholera come from the same classes; the destitute poor, the badly fed, the insufficiently clothed, the crowded, the dirty, the licentious, and the intemperate.

Here, then, we have accomplished one stage of our journey. We have ascertained with precision the especial prey of epidemic cholera, and the classes which mainly supply its victims. We are next to inquire how the cholera affects the more favored classes,—that is, “favored” as regards hygienic condition. How does it influence those who not only possess the “comforts of life,” as they are ordinarily termed, but who care enough for their health to try to preserve it,—those who yield a ready and constant obedience to the laws of their being,—and those, especially, who take pains that the excretions both of lungs and skin shall not be impeded by want of personal cleanliness?

It is well established that, throughout all India, those villages which were most exposed to the malaria from marshes and lakes, and whose inhabitants were of unclean and degraded habits, were scourged the most fearfully. For instance: “the town of Muttra, situated forty miles higher up the Ganges, and more remote from the approaching pestilence than Agra, was yet attacked first and suffered more severely, both as to violence of symptoms and to actual mortality.” Now what was the reason? Why, “Muttra is a filthy and crowded town,” while Agra, on the other hand, is “dry and airy.” Again: “at Madras, while the cholera was very fatal among the dense masses of the Hindoos in the Black Town, it was less prevalent among the soldiers in Fort St. George, and was not seen at all in the scattered and well-ventilated houses of the English merchants and residents, although their duties in many cases called them daily into the Town and Fort.” And yet once more: “The mortality among the natives in the town of Kurrachee was one in every ten of population; that is to say, 1500 died of cholera in six weeks, out of a population of 15,000. This town,” we are informed, “consists of mud-houses, with mere crannies as windows or means of ventilation; while the houses are built so closely together, and the streets barely wide enough to allow a loaded camel to pass, are so very tortuous and inaccessible to currents of air, that all ventilation must be arrested, un-

less during a perfect gale of wind.” Now note the contrast! The mortality among the officers stationed at the same place, was only one in sixty-six, instead of one in ten; the difference resulting from their far superior sanitary condition—their houses permitting a freer current of air, and their diet and habits being, as a general rule, far more consonant to the laws of hygiene.

To turn now to Russia: the beneficial result of good sanitary measures has been strikingly apparent in the city of Moscow. In 1830, the disease extended to every part of the town; in 1847, it was chiefly confined to the districts south of the river upon which it is situated,—the inhabitants upon the north side not only being of the better class, but using freely most excellent water, which is brought from springs eighteen wersts from the city, by water-works erected since 1830.

The German villages of Galicia and the colony of Sarepta,—to say nothing of Holland, all of whose inhabitants are particularly noted for their neatness and cleanliness, have likewise suffered but little from cholera. And so generally throughout the civilized world; just as certainly as the epidemic sweeps off the crowded and unclean poor, the grossly licentious, and the brutally intemperate, in the cholera districts, just so certainly it passes by unharmed all those individuals who, besides living in open and airy localities, have sound lungs, a strong digestion, a healthy skin, and a constitution unimpaired by the abuse of drugs. I have yet to learn of the death by cholera of a single individual, so situated, free from organic disease, of cleanly, regular, and temperate habits, of tranquil mind, and accustomed to devote that care to the preservation of health which affords the only real safeguard against disease. Indeed, a person so favorably constituted as regards hygienic condition, may be set down as proof against disease in almost every shape.

Perhaps the nearest approach to this imaginary condition is to be traced in the career of that extraordinary man—of whose singular life I am here reminded—HOWARD THE PHILANTHROPIST. “This man,” says one biographer, “visited all Europe, not to survey the sumptuousness of palaces, or the stateliness of temples; not to make accurate measurements of the remains of ancient grandeur, nor to form a scale of the curiosities of modern art; not to collect medals, or to collate manuscripts; but to dive into the depths of dungeons; to plunge into the infection of hospitals; to survey the mansions of sorrow and of pain; to take the gauge and dimensions of misery, depression, and contempt; to remember the forgotten; to attend to the neglected; to visit the forsaken; and to compare and collate the distresses of all men in all countries.” “He traveled,” says another, “between fifty and sixty thousand miles, for the sole purpose of relieving the distresses of the most wretched of the human race. The fatigue, the dangers, the privations he underwent or encountered for the good of others, were such as no one else was ever exposed to in such a cause, and such as few could have endured. He often traveled several days and nights in suc-

sion, without stopping—over roads almost impassable, in weather the most inclement, and with accommodations the meanest and most wretched. Summer and winter, heat and cold, rain and snow, in all their extremes, alike failed to stay him for a moment in his course; while plague, and pestilence, and famine, instead of being evils that he shunned, were those with which he was most familiar, and to many of whose horrors he voluntarily exposed himself, visiting the foulest dungeons, filled with malignant infection,—spending forty days in a filthy and infected lazaretto,—plunging into military encampments, where the plague was committing the most frightful ravages,—and visiting where none of his conductors dared to accompany him."

The habits of Howard, under such circumstances, were remarkably simple. "Water," says Dr. Aiken, "was one of his principal necessities, for he was a very Mussulman in his ablutions; and, if nicety had place with him in any respect, it was in the perfect cleanliness of his whole person." "These ablutions," says Dr. Brown, "he regularly performed in the depth of the coldest winter, by plunging into a bath whenever he had the opportunity of doing so; and, when he had not, he would frequently lay himself down for some considerable time between two sheets, wet for the express purpose of communicating to his body the desirable degree of cold." According to another author, "both on rising and going to bed, he often swathed himself in coarse towels, wet with the coldest water; in that state he remained half an hour or more, and then threw them off, refreshed and invigorated, as he said, beyond measure."

In a conversation with a friend, Howard once delivered himself of some of his views in the following terms: "Nature is intrepid, hardy, and adventurous; but it is a practice to spoil her with indulgence from the moment we come into the world. * * Thus, we are for ever giving *hot* things, when we should administer *cold*. We bathe in hot, instead of cold water; we use a dry bandage when we should use a wet one, and we increase our food and clothing when we should, by degrees, diminish both. If we should trust more to Nature, and suffer her to apply her own remedies to cure her own diseases, the formidable catalogue of maladies would be reduced to one half, at least, of their present number."

With regard to the best mode of self-preservation from infectious diseases, Mr. Howard expressed his views as follows: "I have frequently been asked what precautions I used to preserve myself from infection, in the prisons and hospitals which I visit. I here answer, once for all, that, next to the free goodness and mercy of the Author of my being, **TEMPERANCE** and **CLEANLINESS** are my preservatives. Trusting in Divine Providence, and believing myself in the way of my duty, I visit the most noxious cells, and, while thus employed, I fear no evil. I never enter a hospital or a prison before breakfast, and in an infected room I seldom draw my breath deeply."

"Temperance and cleanliness!" "Temperance

in all things" and scrupulous cleanliness of the entire person! Have we not here in Howard's preservatives a tangible clew to this Cholera-labyrinth! Does not the unparalleled experience of this great Philanthropist in the plagues of the East strengthen the position I am striving to establish: that epidemic cholera is one of a class of fearful disorders, whose exact nature and essence it is quite unlikely that we shall ever determine; that its most strongly marked exciting cause is gross neglect of the laws of health; and that the only method by which it can be extinguished is by a wide, general, and uniform return to their faithful observance! If these views be correct,—and both reason and experience confirm this doctrine, that the true *moral* of the Cholera is to be found in **HYGIENE**,—may we not claim for Howard that he was the first to solve the enigma of plagues!

But what is "**HYGIENE**!" Fancy some puzzled one going to his family-physician and asking him this question; in all probability this would be the answer: "*Hygiene!* Why, Hygiene has something to do with *keeping* people well; so its no affair of mine. But don't you go and worry yourself now about what you can't understand; leave all that sort of thing to me. You're doing well enough as it is; so what's the use of trying to make yourself *better*! Don't make any foolish change in your habits—no matter what the books say; and if you do chance to get 'under the weather,' why—I'll come and set you on your legs mighty quick, I promise you!" Such is the tenor of advice on this subject which generally proceeds from mere "routine practitioners." Long accustomed to regard men as *individuals*, they are totally incapable of taking an enlarged view of Hygiene, as applied to great masses; they cannot understand the meaning of the term, "Public or Municipal Hygiene," or, as some one has styled it, "the political economy of health." To them, the rich are—"the rich," with fat fees to dispense; and the poor are—"the poor," with vulgar half dollars. It never occurs to a mind of this order that the relations of the two are closely connected; that both great classes are making in common this voyage of life; that both are "linked inseparably together"—"wafted by the same favorable breezes, tossed by the same rough billows, and wrecked in the same rude tempests." Alas! that such blindness, such hardened selfishness, should prevail so widely! Alas! that the *moral* of the fearful cholera, the horrible plague, the squalid ship-fever and the loathsome typhus, should remain so long unheard and unheeded!

"Proffer any remedy for any ailment," says Professor Dickson, "adduce but a shadow of proof that you have invented a means of relief from any particular grievance, and crowds of followers and heaps of wealth shall be your recompense. But the far greater boon of protection, prevention, which science vouchsafes to the wretched victims of disease with so much certainty, is scarcely valued enough to be investigated. It is difficult to persuade individuals or communities into measures the most reasonable

and promising, even when experience has confirmed their applicability and importance. And thus it is in moral and social life. We neglect the child, and punish the guilty man. We refuse the means of education, but stringently inflict penalties upon ignorance.

"Hygiene, the science of prevention, whose pure and elevated object is the extinction of disease, has had until recently no separate functionary in our social institutions, no definite place in the progress of our improving civilization. And even now her voice is feebly uttered, scarcely listened to, and almost void of authority. We have no Professors of Hygiene in our Colleges; our Boards of Health are clothed with little power, and their recommendations destitute of influence, except in times of occasional panic, or when directed against nuisances palpably offensive. No place of honor or profit is assigned by the body politic to the philanthropist who volunteers his services in this department. Commissions are appointed and report; associations organize themselves, and publish documents, and present memorials; registers are made, facts recorded, and principles clearly deduced; yet all with so little effect that no single great step has anywhere been taken in the right direction.

"It is difficult to make definite alterations in the fixed face of things; to open parks amidst the dense masses of brick and stone that constitute our cities; to tunnel with sewers the earth encumbered with the thick foundations of thronged edifices; to raze the crowded blocks which impede the air and the light; to ventilate the narrow hovel; to drain the damp cellar; to illumine the dark abode of the poor. Such are the obstacles, and they seem almost insurmountable, which impede the Hygienic movements of old and settled communities, and paralyze the energetic philanthropy which yet refuses to succumb. Are they not full of warning to us, a nation yet in infancy or youth, whose cities are just starting into growth and expansion, and taking on the form destined to be permanent for good or evil? We have not, even in the New World, a moment to lose; nay, too much time has been already lost, in careless neglect of these matters, so important to us and our posterity."

But perhaps this labor in the field of prevention may not prove so attractive to a pedantic mind as the effort to solve insoluble riddles. The question now arises, which is the more useful? Is not the diffusion of the principles of Hygiene likely to be appreciated generally and widely at a time like the present? Or, must we turn into owls—waste our energies over a confused mass of "scientific" conjectures—conjectures sure to result in nothing—unless, perhaps, an increase of the number of solemn dunces? Shall we give up the *certainly* of benefiting our race for the profitless contemplation of such queries as these: "*Do fishes think? Have the stars eyes, and if so, do they see?*"

Out on such wretched—such miserable drivell, when the question at issue is one of life or death to thousands and millions! Out on the theory of

"fungous growths," or of paltry animalculæ! Out on the doctrine of "no-electricity-in-the-air!" Out on the scheme of analyzing the cholera, (as if one could imprison it!) in a chemical bottle! Out on such follies so long as the "Old Brewery" pollutes our precincts, and so long as our ears are pained and our souls sickened by the horrors which cry out against us from the pestilential "Five Points!"

A few words now in regard to the course of the Board of Health of the City of New York, during the past year, in relation to the cholera. I have already observed that their attempts last summer to cleanse some few of the plague-spots in our midst, were rather late in the day; that it strikingly resembled locking up the stable after the horse had been stolen. Now how is this? We were first threatened with a "visitation" of cholera on the 5th of December, 1848,—just a year ago,—but it seems that the epidemic held itself in abeyance a little over five months, or until the approach of the warmth of May. What, then, was accomplished by our Board of Health, in the way of preparation, during these five months of abeyance? Were the "Five Points" visited—nuisances abated—grave-yards closed—and the destitute poor washed, fed, and clothed? Was the well-known track of the cholera in our city prepared for the outbreak? Alas! no! Forewarned as all were, literally nothing was done; and when the plague *did* break out, it found an easy prey! Lo! then, the panic and the timorous flight! Lo! then, a forfeit of more than five thousand lives! Lo! then, a loss in the commercial relations of our business metropolis which even *time* can hardly repair! And is it not galling to a reflecting mind to know and feel that all this might have once been averted,—either partially or wholly,—by a timely use of the knowledge which reason and experience have so abundantly afforded?

The Medical Counsel to the Board of Health—to judge from their occasional addresses to the public—appear to have been content to put forth the usual humdrum prescriptions as the day demanded. I shall only refer here to one or two points in their official bulletins. The learned gentlemen express their belief, in one of the number, that "the *cause* of the disease exists in the atmosphere," but subsequently make this striking admission: "With regard to the *peculiar condition* of the atmosphere which predisposes to the disease, *we know nothing*." Now all this is very much like the dilemma of the Parisian Prefect; he knew to a certainty the very house "the purloined letter" happened to be concealed in, but where it actually was, it was far beyond his philosophy to fathom! One thing was certain; it was not *he* that was to blame, but that abominable *house*! Just so with the Medical Counsel; *they* are not to blame, but the abominable *atmosphere*! They feel sure that the *causes* of the cholera are in the atmosphere; but *how* they got there and *why* they are there, in spite of the effluvia of the "Old Brewery" and the "Five Points" full in their nostrils, they cannot possibly, for the life of them,

tell! Strange that so great an amount of positive knowledge should accompany so great an amount of admitted ignorance!

Again: in a long address of advice to our citizens, the learned Counsel actually devoted *nearly two lines* to a recommendation of "the tepid bath!" They did not forget, though, to dwell at more length on the coddling system of wearing flannels in midsummer, the proper doses of laudanum to be taken, and the propriety of giving, besides a strong mustard poultice, a little brandy and water, with a view, as they said, of "restoring warmth!" This last prescription was a wonderful hit! It is really astonishing how many cases of cholera suddenly broke out in the vicinity of bar-rooms, and how rapidly the patients found themselves convalescent after a free potation of this attractive beverage! It is noteworthy, too, that, though only two lines could be spared for merely *alluding* to the subject of personal cleanliness, the learned Counsel should particularly specify "the tepid bath," notwithstanding the weakening effects of the season. Some of you may possibly happen to recollect that a statement also appeared in one of our journals, setting forth that the most eminent members of "the regular faculty" had denounced the use of any other than the warm bath during the prevalence of epidemic cholera. It is very fortunate for some of us that we were not *obliged* to bathe after this puny, coddling, enervating fashion, amid the intense heat of our last summer!

It is really refreshing to turn from all this superstition and senility, and glance at the progress of hygienic principles in the domain of Old England. The ablest medical quarterly of the day* is earnestly calling upon the East India Company to employ the absolute power which they possess in their magnificent empire, in attempting to remove those causes "which, in Asia, as well as in England, confer on the poison of the cholera its terrible and malignant power." "If, as we believe," the editors say, "a wise recognition of the conditions of existence of the poison of cholera can lead, in some measure at least, to their removal, and to a proportionate diminution in the mortality from this terrible scourge, then we hold it incumbent on the great Company, whose magnificent dominions are the garden of the earth, to avert from the Hindoo, in his close and fetid village, from the Englishman in his confined, crowded, and ill-constructed barrack, some portion of the evil, which has acquired magnitude and strength from our ignorance and neglect. The Company cannot alter the laws of nature, they cannot prevent India from being the country, more than all others, subject to cholera, on account of its marshes, forests, plains, and rivers, its heavy rains, its burning suns; but they can do much to weaken the force of the poison, and to strengthen the frame against its influence."

The editors prove by irresistible facts and arguments that the poison of cholera derives its

power chiefly or entirely from the hygienic conditions attending its attack; and that, whenever the condition of health is high, the poison becomes powerless. "Examined in this way," they then proceed, "this epidemic loses all its terrors. We see no longer the terrible burst of a mysterious plague, which seemed to be ushered in by whirlwinds and thunder-storms, and, like those mighty powers, to perform its work of destruction unrestrained by human efforts. On the contrary, we see that it is our ignorance which has given it power—our carelessness which has prepared its easy prey." For the frightful mortality which the cholera has occasioned, the Editors say, "We must all take our share of reproach. The medical profession is the most to blame, because it has not hitherto sufficiently recognized the simple causes which give such astonishing activity to morbid poisons. We have contemplated epidemics through an atmosphere of prejudice, which has distorted their form and obscured their real proportions. But we are now beginning to learn; and, if we do not deceive ourselves, we are, at last, on the right path to disarm of its malignity one of the most terrible plagues which has ever ravaged the earth. We have reassumed our proper character of preventers as well as curers of disease."

Such language as this is so warm and earnest, and yet so rare, that I cannot refrain from further citations. In speaking of the nature of the specific cause of cholera, the Editors say, with as much truth as force:—"The phenomena of great pestilences occur, on so vast a scale, their consequences are so stupendous, their immediate action so impregnated with an almost universal suffering and fear, that men have found nothing to compare them with but the most terrible and awful convulsions of nature. * * Even at the present time, many of our best writers entertain something of the same belief. Everybody knows the lofty opening of Hecker's History of the Black Death. There, as harbingers of great pestilences, the powers of creation are represented as coming into violent collision, the thunder mutters from beneath the earth, fiery meteors blast the fruits of the soil, the atmosphere burns with a sultry and unbearable dryness, or overflowing waters send up unwholesome mists—nature spurns the ordinary alternations of life and death, and over the doomed people the destroying angel waves his flaming sword. And yet, after all, is there no poetical exaggeration in this? Is nature indeed so hard a step-mother to us? Are these pestilences altogether independent of the passions, and uninfluenced by the condition of man? We do not believe it. The causes of the devastations of diseases lie lower than the historian daems; it is in our false habits, our pernicious customs, our disregard of the fundamental laws of health and vigor, that we are to seek for the true reason of the mortality of pestilences."

(To be concluded in our next.)

* The British and Foreign Medico-Chirurgical Review for July, 1848.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—NO. 6.

Properties of Lobelia—Vapor Baths—Samuel Thomson—Thomson's Birth and Education—His Early Practice—His Fame Spreads—The Vein that went Throb, Throb—Thomsonian Theory—Sooty Stove Pipe—Lobelia and Cayenne—Plan of Treatment—In What Manner Medicines Operate—Active and Expectant Plans of Treatment—Fever not Fatal—Thomson's Treatment of Disease—Ingratitude of Patients and their Friends—Indictment for Murder—Charge of the Court to the Jury—Obtains a Patent.

PROPERTIES OF LOBELIA.—As mentioned in previous articles, the European discoverers of America found the Indians in possession of an ample supply of medicinal plants, and a good knowledge of their properties and mode of administration. Among others was the *Lobelia inflata*, or Indian tobacco, which belongs to a poisonous family, all the members of which owe their properties to an acrid narcotic juice. The *Lobelia inflata* grows everywhere in pastures and meadows, to the height of some twelve or fifteen inches, sending out its small pale blue flowers from August to September.

The name of Lobelia was given to it in honor of Matthias de Lobel, physician and botanist to James I. Lobel died at London in 1616. It is said that horses and cattle eat of it for purposes of medication. It salivates them, producing what is called the *slavers*. Rafinesque tells us he has heard that cabbage leaves set as a remedy to its effects. Whether the Indians learned its properties by watching inferior animals, is not known, but it is one of their puke-weeds used by them to clear the stomach and head, preparatory to the assembling of the great councils. Resembling tobacco in its general effects, it yet acts more speedily, and the effect is sooner over. The seeds are the strongest part,—and it is said by medical botanists that a teaspoonful of them will induce death!

VAPOR BATHS.—Whitlaw, who traveled extensively among them, tells us, that in the various species of inflammation the Indians always resort to the vapor baths, constructed upon a principle peculiar to themselves; it is after the following manner:—A few heated stones, in the first instance, are heaped together, around which something similar to a soldier's tent is erected. The person or persons to receive the baths are seated round the stones, upon which are thrown herbs, and water sprinkled with the hand. Whitlaw personally tried one of them, and says that he found the heat and vapor rising from the stones suffocating in the extreme. The aborigines, therefore, are entitled to all the credit of vapor bathing, since so much practiced.

SAMUEL THOMSON.—I have instanced the Lobelia and vapor bath as a kind of preface to the system of Thomson, an account of which I think should worthily succeed the history of the origin of medicine. In my opinion, Samuel Thomson was a remarkable man, and a true type of the



first doctors. Had he lived three thousand years ago, his doctrines would have had all the aid that mythology could have afforded, and he would have been numbered among the divinities, and his fame descended to our times, with the addition of a jaw-breaking Greek name. His system is one of the anomalies of the day, but has undoubtedly done much good by directing popular attention to the subject of medicine, and forcing the regulars in self-defence to disseminate that information, the want of which induced so many to believe in his views.

THOMSON'S BIRTH AND EDUCATION.—This noted character, as I gather from his book, was born in 1769. His father was a poor, hard-working man, of extraordinary energy, who made no allowances for differences in mind or body among men, and thought all could accomplish as much as himself. His son Samuel, the subject of our sketch, was put to severe labor at the age of five years, and kept constantly tasked to the utmost of his strength, as his constitution matured. He was early noted for his great observing and reasoning powers; and as his labors were in the fields, and he was forced to employ his powers, if at all, to those subjects under his notice, he is said at the age of sixteen to have acquired a knowledge of the virtues and method of using nearly all the medicinal plants in his vicinity. Fond of trickery, many stories are told of his inducing his young companions to swallow Lobelia, and of his de-

light at the ensuing effect. He married at the age of twenty-one, and soon had experience enough of doctors in the sickness of his wife. Six of the best medical men the country could produce were unable to relieve her, and a seventh was sent for. Fearful that they were trying experiments upon her, he dismissed them all, and employed two root practitioners, whom he considered a little more successful, though she relapsed so often that he induced one of them to remove into a house on his farm, to be near at hand at the time of the attack.

HIS EARLY PRACTICE.—His second child being given up to die by this last doctor, he determined to try and relieve her himself, which he succeeded in doing, by means of the steam of vinegar poured on a hot shovel. He had attended his wife himself on her second confinement, and now gathering confidence, began to collect herbs and roots in their season, to prevent as well as cure disease. The resident root doctor, who had remained on his farm seven years, seeing how things were going, left, and from that time he had but little sickness in his family. When any of them were taken down, he had no difficulty in restoring them; and from his own practical fund, he began instructing his children how to prevent and cure disease.

HIS FAME SPREADS.—He had commenced treating his neighbors, and for fifty miles around him, was noted as a doctor of uncommon success, and so harassed with calls that he found it impossible to attend to his farm, and finally concluded to do nothing but prescribe. Contrary to the method pursued by others, of boasting of their learning and education, he thought it his best qualification that he had never been to college; and so, instead of being guided by others, was left to follow the dictates of his own *reason and philosophy*. Finding it necessary to fix upon some system, after *considering every part of the subject*, he came to certain conclusions concerning disease, and the whole animal economy, which an after experience of forty years confirmed. He tells us that his practice was in every instance conformable to his system, and that he had no reason to doubt its correctness in all diseases incident to the country, when properly applied, *that are curable*.

THE VEIN THAT WENT THROB, THROB.—Knowledge is undoubtedly to many men like friction in mechanics, it impedes their progress. The machine of Samuel Thomson, freed from this encumbrance, went ahead with surprising force. A story is told of a London physician, who told his patient one day that he would bleed him, were he not afraid of wounding the artery, which in his case happened to lie so near the vein as to raise it by its pulsation. The instant he was gone the gentleman sent for a professional bleeder, who took the desired quantity from him without hesitation, and, as it happened, without danger. The next day, on the doctor being informed of the matter, he called on the bleeder and asked him how he was guided in seeking the vein. "I always," said the other, "feel for the vein that

goes thump, thump!" On the doctor telling him that it was an artery he found in such cases, and the imminent danger that would result from cutting it, and also taking him to his office and showing him an anatomical preparation of the arm to illustrate his remarks, the poor fellow became so amazed and frightened that he never dared bleed again, and although his business yielded him a good living, was forced to abandon it, and try something else. That education would have had a similar effect on the strong, candid mind of Thomson, I think is more than probable, and thus the world have been deprived of the new practice, and been without a chance of bestowing on its founder "the congratulations of grateful nations."

THOMSONIAN THEORY.—"That all diseases are the effect of one general cause, and may be removed by one general remedy, is the foundation on which I have erected my fabric." All animal bodies are composed of the four elements. These are, fire, air, earth, and water. Earth and water constitute the solids of the body, and air and fire the fluids. Fire, or heat, is the primary cause of motion to the solids, and the source of activity, or life, to the body. When this fire is entirely overpowered, from whatever cause, death ensues. Heat is life; cold is death. All diseases originate in obstructed perspiration, which is caused by cold. Whatever will keep up the internal heat, and excite an action to the skin, will cure the disease and save the patient. The fuel which keeps the fire in man, or his life, burning, is composed of two things, *food and medicine*. Food is required to keep up the steady fire, and medicine to clear it out and stimulate it when clogged.

SOOTY STOVE-PIPE.—To illustrate the above remarks, we may compare the human body to a stove for burning coal. When combustion is brisk and throws out a due proportion of heat, the stove is in good health. When the fire burns low, and is nearly going out, add some wood and rake it out. This is physicking the stove. "All the art required to physic, is to know the medicine, and how to give it, as a person knows how to clear a stove and the pipe when clogged with soot, that the fire may burn free, and the whole room be warmed as before."

LOBELIA AND CAYENNE.—The medicine that would best establish the heat was Lobelia, but the effect passed off too soon. "It was like a fire made of shavings, heat for a short time and then go out." After much trouble and experience, *Cayenne pepper* was fixed upon to keep up the heat.

PLAN OF TREATMENT.—"My general plan, in all cases of disease, has been to cleanse the stomach by giving an emetic, then produce as great an internal heat as I could by the use of Cayenne pepper, and when necessary make use of the steam bath, which I always found a great benefit, especially in fevers. After this I gave a tea made of a compound of bayberry, sumach, hemlock bark, wych-hazel leaves, red raspberry leaves, and marsh-rosemary, to clear off the canker; and in all cases where the patient had

not become so low that the constitution had nothing left to build upon, I have been successful in restoring them to health."

IN WHAT MANNER MEDICINES OPERATE.—In our previous article on Physiology we stated that that peculiar property of the life-power, called excitability, was always ready to receive impressions. When acted upon by proper stimulants, health resulted; by improper ones, disease. As when well we are always liable to become sick, so when ill we are in like manner susceptible of impressions that induce a return to health. We also stated that fevers, and probably all other diseases, commenced with a chill, caused by the depression of the life-power, through excitability; and that it was only when the system was in danger of death, the *vis medicatrix* was roused to action. It is owing to its conservative efforts that fever ensues. We are accustomed to think that fever is the cause of the disease, when in reality it is a signal thrown out to show that the *vis medicatrix* is valiantly battling with the poison. If successful, perspiration ensues, and the body is once more given in charge to the usual forces; if unsuccessful, the case terminates fatally.

ACTIVE AND EXPECTANT PLANS OF TREATMENT.

—The Hippocratic practice is founded on these views. Where previous experience has taught from the signals shown that the *vis medicatrix* can conquer alone, without aid, the doctor removes injurious influences, puts his patient into a cool, dark room, keeps him clean, and regulates his diet, waiting patiently until health is restored. This is the expectant practice. When, on the contrary, the symptoms are such as show the *vis medicatrix* to need assistance, and proclaim its inability to cope with them, the physician then uses his medicines to act on excitability, for, as there can be but one general disease at a time in the body, if he succeeds in inducing a new action, the old impression will be obliterated. He uses to effect his object *poisons*, but in such a dose, that while strong enough to overcome the fatal impression on excitability, yet within the power of the *vis medicatrix* to conquer. This is what is called the active practice. If he mistakes his dose, even supposing him to use the proper remedy, he will lose the patient. Hence the necessity for the exercise of the most perfect judgment, for it is a maxim in the profession, "that medicines differ from poisons only in the dose." A physician has well remarked, "that the study of medicine has been destructive to the human species, and that it can scarcely be doubted, should a calculation be made respecting the numbers injured or benefited by the medical art, the balance would preponderate against the physician."

FEVER NOT FATAL.—Thomson seems to have had some glimmering ideas of the true philosophy of disease, and a pearl or two can be discovered among piles of his rubbish. "No person," says he, "ever yet died of a fever! for as death approaches, the patient grows cold, until in death the last spark is extinguished. The higher the

fever runs, the sooner will the cold be subdued; and if you contend against the heat, the longer will be the run of the fever, and when extinguished, death follows. The question whether the heat or cold killed the patient is easily decided, for that power which bears rule in the body after death, is what killed the patient, which is cold—as much as that which bears rule when he is alive, is heat. These declarations are true, and have often been proved, and can be again to the satisfaction of every candid person, at the hazard of any forfeiture the faculty may challenge." The real truth in all this is, that fever is not a disease, but a means of cure.

THOMSON'S TREATMENT OF DISEASE.—As he says, he faithfully carried his principles into the most extensive practice, vomiting, peppering, and steaming all that came in his way, effectually clearing the human stove and pipe from soot and clinker. As might be expected, the fire often went out during the operation, and the wonder is that it so often kept alive in any degree! I have heard a story of Dr. Doddridge, that once he dreamed he was dead, and his soul ascended to heaven. He was at first conducted into a large room, hung around with pictures, which, on examination, he found illustrated different periods in his own life, where he was providentially saved from various dangers, in which he had not been himself aware of the imminent risks he run. So intense were the emotions of his gratitude, that he awoke. Similar feelings will undoubtedly be experienced in the other world, by thousands who have undergone the Thomsonian course. Yet for all that, as we shall find in our after progress, his plan was not much worse than the majority of those systems which came before and since.

INGRATITUDE OF PATIENTS AND THEIR FRIENDS.—Many of his patients refused to pay him, although they got well under his hands, and both themselves and friends would abuse him, and call him ignorant, and not able to parse grammar, etc., and much worse than this. "The fashionable doctor might lose half his patients with impunity, but if I happened to lose one, I was guilty of murder." He gives a large number of similar cases.

INDICTMENT FOR MURDER.—Once, on arriving at Salisbury, his friends informed him that the Grand Jury of Salem had found a bill of indictment against him for willful murder, and advised him to go off and keep out of the way. This he refused to do, and was accordingly arrested and confined in a dungeon with a felon, and hardly used. "I felt perfectly conscious of my innocence, and was satisfied I had done nothing to merit such treatment. When the lawyer came in to my prison, and read the indictment, that I, with malice aforethought, not having the fear of God before my eyes, but moved by the instigation of the devil, did kill and murder the said Loratt with Lobelia, a deadly poison, etc., it had no effect upon my feelings, knowing it to be false, and brought about by my enemies without any provocation on my part." His trial came at length, and he pleaded not guilty.

CHARGE OF THE COURT TO THE JURY.—Judge Parsons charged that the "prisoner had broken no law, common or statute, and quoted Hale to show that any person may administer medicine with an intention to do good, and if it had effects different from what he intended, and killed the patient, it was not murder, nor even manslaughter; that if doctors must risk their lives for those of their patients, who would practice!" He also cited Blackstone, who says that where no malice is, no action lies. He was found *not guilty*.

OBTAINS A PATENT.—His notoriety much increased by the prosecution, and looked upon by many as a martyr, he now advanced rapidly in his career, began forming Thomsonian societies, and obtained a patent for his mode of practice. This was a lucky speculation, as he sold the rights at twenty dollars each, and found plenty of purchasers. In one case where he sold a patent right, the purchaser refused to pay, alleging that there was no value received. He obtained a verdict in his favor on suing in a court of justice, and thus, as he says, "proved the utility of his medicine and system of practice before a court of law." He now surmounted most of the difficulties that beset him, and his after life run smoothly enough on, his wealth keeping pace with his reputation.

CONSIDERATIONS FOR COMMONFOLKS.—No. 2.

BY J. C. JACKSON.

THIS earth of ours is peopled with two classes of human beings—the *common*, working, toiling, flooding, back-bent class, whose tasks come each day at sun-rising, to end only when night covers creation with her mantle, and cries in unmistakable language, "Rest! rest for the way-worn and the weary!"

The other class is the *uncommon* class, made up of those who look on labor as a *curse*, divinely inflicted, but to be avoided by all means, if possible; who dislike it, loathe it, run from it as a pestilence, and seek for livelihood by their wits, their tact, their power at deception, their skill at wielding the energies of the laborer for *their* advantage and against *his* advantage—who side with capital as against muscle, money as against mind, authority as against freedom, and *land* and its legal tenures as against man and his rights.

For this *latter* class I am not writing—I can do them no good. My name lacks prestige, I am not adequately heralded, I lack titles, place, position, power. If any of this class is sick, no prescription of mine could reach their case; for its vital essence would consist in demanding an abandonment of habits which they would rather die than give up. *Uncommon* people must look for *uncommon* advisers. These considerations are to such as have their capital in a conjunction of their brains and muscles, and to whom, by a law of *necessity*, if by no higher law, *HEALTH* is of the first importance. The abounding violations of the laws of life, and the cool impudence with which, at the decease of the self-murdered, the

survivors attribute the death to *DIVINE PROVIDENCE*, are sufficient to make one abhor Cant. It is full time the charge of taking life was remitted against the Deity. He is not responsible. His laws are good, as also is his work. He has given to man a physical organization in all respects adapted to his wants, both those of his lower and higher nature. Obedience to the laws of this organization will insure his happiness as a material being, and greatly subserve the development of his superior qualities. Laugh at or dread, as much as one may—*Materialism*—so far is it true, that mind, whilst connected with matter, as it is in man, is in good degree subordinate to the conditions of matter. One with the physical organization of a child does not show the mental force of an adult. Prostration of animal force, or paralysis of the physical powers, as a general principle, enfeebles the exhibitions of the intellectual.

The current ideas in respect of the importance of a material organization to the manifestation of spiritual life, are exceedingly crude. Most persons are educated to look on the body as a clog; to regard the soul as so much trampled in and through its co-partnership with the body, that its sublime flights are only to be taken when it shall have

"Shuffled off its mortal coil."

Now setting philosophy aside, what say facts! Who met Abraham, as he sat in his tent door at even-tide, to announce the thrilling fact to the old man, that he should not die childless? Three *men*—divine messengers—yet they honored the material by wrapping it as drapery about them. Who appeared to Lot? Angels, yet incarnate. Who appeared to the wife of Manoa? An angel, yet as a *man*. When the Divine Father of us all sought to make the noblest, clearest exhibition of Himself to us, who appeared as his representative? "The *Man*, Christ Jesus," thus gloriously illustrating the truth, that the spiritual, in its greatest beauty and essence, deems it not derogatory to its character, to illustrate its power and purity by a union with material forms. Let no man despise his body, or look with contempt or lightness on the laws which govern it. A human body is the temple of a human soul. It is the medium for its growth, expansion, and strength; and whoso abuses his body by improper excitement, or undue influences of any kind, will find in the end that his locks have been cut, and his manliness has departed. Would we make that which in us is immortal worthy its destiny, we must pay appropriate attention to that portion of us which is perishable.

I have often thought of the strict exactitude which the Saviour always paid to physical law. Under no exhibition of his power did He ever set it at defiance. Nor did He ever seek the production of spiritual results in disobedience to it. He never kept his congregation, when he ministered, till the people were faint for want of food, or weary by long sittings, or half asleep from inhalation of carbonic acid gas. The instant that

the physical man needed a renewal of strength, his preaching ceased, and attention was paid to the wants of the *stomach*. He well knew that *life to come* was assured by attention to the "*life that then was*;" that future happiness rested on a careful performance of *present duty*; and that it was the veriest empiricism to waste and weaken the energies of the body, in order to give vigor and elasticity to the spirit. There is not an instance on record of his preaching of the kingdom of heaven and its righteousness to a half-famished Pharisee, nor offering himself as the resurrection and the life to a Sadducee dying of starvation. In other spheres the laws of life may be reversed for aught I know; but it is as plain as a sum in addition, that *here* the rule runs—when there are duplicate wants—those of the soul must be served last. When your house is on fire it is your duty to put it out, instead of taking to prayers. When your child is healthfully hungry it is your duty to feed, instead of giving it a lesson in the Catechism. When you are suffering in a crowded assembly from vitiated atmosphere, it is much more God-honoring to go where you can get pure air than it is to sit in a state of distress to listen to a homily. Fitness for *earthly* life—for the just performance of all the responsibilities by which one is surrounded—is *the* fitness one wants for a future state of existence. Yet how seldom is this practically acknowledged by those who are *set apart*, and whose province it is to guide weak and timorous souls "the other side Jordan." I never heard a minister of the Gospel preach a discourse on *Physical Law*. I never heard one who affirmed his belief that daily habitual violations of it involved the transgressor in criminality. There are no men more ignorant of physiology, more uninformed of what constitutes the true standard of health, than *clergymen*. Grand occasions within their jurisdiction offer often for them to present the truth under the most favorable auspices—when hearts are softened, when soul and conscience are quickened, when prejudices are weakened, and the better part of a man is roused up to unusual vigor, and strong resolves are made toward the correction of ill personal habits; yet the tongue of the preacher is almost always silent. I venture the assertion that not one in fifty ministers, when called to officiate at funeral services, use the opportunity to arouse in their hearers regard for the laws of Health.

They are all taken up with efforts to induce them to reach Heaven. Heaven is so much *better* than earth, and hell is so much *worse* than earth, that the benevolence of these ministrators is expended in showing them how to reach the *one* and escape the other. All this is sufficiently praiseworthy, were it not that the means of accomplishing the object sought are impotent by reason of imperfection. Any plans for reaching the realms of *THE BLESSED* which do not include obedience—strict and untiring—to physical law, are *quackish*, and deserve general execration. What! shall a man find a Heaven *out* of this world for which he has not been fitted in this

world! Will the Creator overlook the great principle of *fitness* in the matter of man's transference from this to a *new* sphere of activity? Shall his hands grasp a harp out of which his fingers, as they sweep the strings, can bring forth no music! Shall the faces he looks on in his new home awaken no affinities in his soul? And would one call such place *HEAVEN*!

The theology, moral science, or spiritualism which teaches that a soul which, in its earthly sphere, has paid little or no heed to the laws of its physical organization, may immediately, on leaving the body, pass to a state of repose on the bosom of the Deity, in my conception, is false and wicked. It tends to dishonor the Divine Being, to let his creatures loose from their sense of moral obligation, and make them wild and reckless rebels. As regards physical law, man, in his social or individual character, must meet, for his disobedience, the judgment and the penalty, which sooner or later will be executed.

If men will chew and smoke tobacco, drink alcoholic drinks, eat like gluttons, and commit lewdness, pain *shall* creep into their bones, and *suffering* shall be their bedside companion. These, on occasions, are great Redeemers: they work wonders at times. They set a poor wretch stretched on a bed of agony at thought, and sweep from before him his refuges of sophistries which keep him from following obediently the laws of his physical nature. More than this: They act exemplarily. His anguish is eminently suggestive. Others are taught by it, and grow wise at sight of his folly. Perhaps the reason why human beings do not always follow what may be truthfully declared as the correct mode of life, is, that what to them is offered as experience—the combined result of observation and experiment—from their heedlessness and unwillingness to look their habits in the face, has no other than the force of suggestion. To them it is not unquestionable fact. It does not incorporate itself with their consciousness, making itself a part of them, assimilated under the authority of intellectual conviction. Hence, is made clearer the *wisdom* of nature in attaching penalties to her statutes, and the necessity of their being *certain* and unescapable.

Whoever defies physical law, never escapes Justice. She is on his track, with her hand close on his shoulder, and when he little thinketh, she suddenly twists him about, and looking him straight in the face, asks, "who he thinks himself to be, that he thus attempts to act lawlessly?" Then, as a cramp enters his body, or mental ineptitude makes its incipient manifestations, or grossness wraps itself like a garment about his spirit, and he feels a gradual transformation from the Divine to the Beastly going on within him; he understands that God's justice is something more than a common *Prospero*. Nature allows no man to get beyond the sphere of her authority. Here or elsewhere an adjustment *must* be had. The laws which *men* enact, are oft-times imperfect; not so with the laws of Nature. Through their length and breadth a rich, deep vein of in-

piration runs; now narrowing, now widening, dipping deep into the very heart of human relationships, and anon pushing itself to the surface; and through the mass which it perforates, it shines like spangles of gold, in crystalized quartz. Undisturbed, this force, which gives *stability* to physical law, works the divinest harmony. It is no small responsibility that one assumes, violently to jostle himself out of his orbit, thus unhappily affecting all to whom he is immediately connected, and putting them to the trouble of looking after him in his hours of sickness, and of burying him before he has lived out half his days. Such an one should know his place, and keep it; for it is in one's place—the sphere of *HEALTH*—the most dignity is to be secured, the most strength and courage are to be educed, and the greenest, freshest wreaths are to be won and worn.

Now if human beings having perfect physical organizations, would make themselves acquainted with the laws that govern them, and would obey those laws, they would need no doctors of the body. If they appreciated the dignity of their spiritual natures, and would delight at all times to honor them, they would need no doctor of the soul. If in both of these spheres they were intelligent and upright, a government of force would be an absurdity. The doctor, the priest, and the lawyer are great necessities, to be respected, listened to, and followed so long, and no longer, than human beings exhibit undue appetite, weak moral sense, and insufficient self-control. It should be the constant aim of *all* so to live, that for these professions there should be little use. Men should not die by disease or the doctors. Men should have God for their High Priest, not mortals like themselves. They should make the intellectual so to be *King* over the animal, that drug-shops, church-courts, and state-prisons would be foolish investments. However, if they *will* violate physical, moral, and social law, they will make poor head-way in decial of the medical, clerical, or legal profession. These are necessary, by reason of the imperfectness of men, and will pass into desuetude with the necessities that gave them birth. So far as *man* is concerned, the physical and the spiritual are essentially blended, and the latter is intimately dependent for its symmetrical growth on due development of the former. So true does this appear to me, that I think no person of defective material organization—other things being equal—can make as rapid advancement in all that relates to his higher nature, as one whose bodily organization is faultless. The qualities of mind, the traits of spirit, the emotions of the soul which challenge admiration, which make up manfulness in their possessor—in large degree depend on bodily health for their exhibition.

An indirect proof of the influence of the body on the mind may be seen in the impressions which we take of persons from their physical habits. We cannot well associate great purity and refinement of mind with great slovenliness of body. Chaste conduct infers chaste idealism

in its possessor. Beauty of conception and appropriate expression usually accompany each other. Those who in Nature see glorious and glowing symbols of the Divine Presence, are able to pierce all types and shadows, and commune face to face with God. Taken as a whole, the worst, as the best, judge of the *inner* by the *outer* man. Whilst it is true, that in various ways the spirit takes its tone from the influence which the body exerts, it is equally and more extensively true that, when from any impulse, the spirit puts on more of grace, the body soon exhibits more gracefulness. No matter what pretensions are set up—think of the task before us, when our regard is demanded for one who makes his stomach a still-brewery, or cider-mill. Or, of our cherishing profound respect for a man whose mouth, whenever it is opened, sends forth an effluvia like the cure-house of a tobacco plantation. Or, of feeling deep, imperishable love for a woman whose nostrils are sealed with snuff, till her voice has lost all mellowness of intonation, and sounds like a radish grater. Imagine one's self seeking, as high entertainment, the society of those who grow nervous in the absence of tea, or sullen in the absence of coffee, who are never to be relied on to furnish their portion—

"In a feast of reason and a flow of soul,"

unless their bodies are stuffed as one feeds an anaconda. What of *manhood* is there in persons of such habits? They are sold to the beastly within them, they are slaves.

It is easily perceivable how mal-structure of body should not lessen the love we cherish for those who are unfortunate enough thus to be afflicted. The defect is not of their procurement. And great Nature looks with a loving eye on such, and seeks, as far as *law* will permit, to compensate by admirable qualities of mind for less beauty of person. Congenital defects of body, as a general fact, God holds not the sufferer responsible for. But gaps and wounds of our own making must be healed by our own suffering. For these, "there is no eye to pity." Come what may, the *law* is stern and unbending, and every pang we suffer, making us groan to our heart's-depths, is an audible sermon preached to the on-lookers against our folly. In such case, agony becomes exalted into the sphere of wisdom, and whilst the violator of law dies under its inflictions, the living are made to lay it to heart, and are saved.

Glen-Haven Water-Cure, 1850.

A BRIGHT and beautiful bird is Hope; it will come to us 'mid the darkness, and sing the sweetest song when our spirits are saddest; and when the lone soul is weary, and longs to pass away, it warbles its sunniest notes, and tightens again the slender fibres of our hearts that grief has been tearing away.

GENERAL DEBILITY.

BY S. ROGERS, M.D.

The following article was intended for last month, but came in too late for insertion. It contains advice which we think is not inappropriate to the present month:

THE term *general debility* is a convenient covering for a multitude of physiological transgressions.

At this season, when all animated creation save man is joyfully breaking from the frost-bound fetters of Winter, it is a sad reflection upon his *good sense* to hear the almost universal complaint of general debility. Why should MAN be an exception in the united rejoicing? Endowed as he is with superior capacity for appreciating the natural changes, why do we hear murmurs instead of praises? Is it because the power Omnipotent has done less for him than for the rest of organic creation? No one believes this. Then let us look into the cause of this difficulty, and suggest a remedy therefor.

Man, unlike the brute, makes instinct a subordinate guide in the gratification of the animal propensities. He is continually committing depredations upon the laws of health, which render him as unhappy physically as violations of the moral law are destructive to his happiness morally. This is a case wherein the old maxim, that a little knowledge is a dangerous thing, holds emphatically true. Were man *ignorant* as the dumb beast, his appetites would not be guided by a perverted intellect; or, were he *learned* in the science of health and life, the voice of conscience would make him responsible for his transgressions. As the matter now stands, we find a vast majority of mankind attributing their physical sufferings to anything rather than their own ignorance and folly. Thus it will ever remain so long as parents and teachers deem it of more importance that their children become more familiar with the volcanoes and rivers of the earth, than with the viscera and life-streams within their own bodies. But to return to the *causes* which produce the general debility of the vernal season.

The long cold winters of our Northern climate are anticipated by nearly all as fitting seasons for relaxation and social enjoyment. Few rely upon this season for pecuniary support. The *farmer* quietly pockets the pay for his previous labor; sends his children to school, and makes ready for the coming spring. The *mechanic* is content with smaller income, and has his long evenings for domestic intercourse and mental improvement. The *merchant* examines his stock in trade,—balances his ledger, and hopes for a good "Spring business."

Now *man* is a busy creature, and it is easy to perceive why winter is chosen as the time for amusement. There is not much else to attract his attention. Social visits, balls, and parties, are followed with even greater zeal than the plough,

the plane, or the sale of goods. No one questions the right to rich dinners, or late suppers; but during this "social season" it is downright *vulgarity* to talk of temperance, reasonable hours, and a healthful dress. To be candid, it is useless to enumerate the terrible violations of nature's law. When properly regulated, I do not by any means oppose the gratification of the social faculties; but as society now exists, a majority of people go on in this reckless manner, as though human life were a game of chance, and he who risks the most would be the greatest winner.

The *result* of this course of dissipation is not always immediately manifested. Trouble may not follow these excesses so long as the bracing or tonic effect of cold weather continues; but when the cool, oxygenated atmosphere of winter abates and the "thawing-out" of spring relaxes the system, there is nothing to sustain the body against the upheaving of morbid humors which have been assiduously deposited by the past few months' career.

There is loss of appetite; biliousness; universal weakness; giddiness; sinking sensations; palpitation; in a word, *general debility*.

These difficulties are not alone confined to the ranks of dissipation. All who *labor less* and *eat more* during the winter, sleep in small, ill-ventilated rooms, upon feather beds, hazard that good health which, other things being equal, an opposite course would ensure.

In the *treatment* of these difficulties, it is customary to use, first, cathartics, and then tonics. It is a common domestic practice in some parts of the country to have "strengthening beer" made from a large assortment of roots. A stimulating diet is also resorted to; but actual experience proves these remedies worse than useless.

Cathartics, it is true, often relieve constipation and a torpid liver, but not without injury to the stomach, and the risk of entailing chronic disease. Better far do nothing, but wait for the system to regulate itself. The vague idea is false, that we must use drugs to restore the appetite. The body is already engorged with morbid matter, and the loss of appetite indicates an effort of the system to remove it. Shall we obstruct this?

A more friendly treatment would be a dripping sheet on rising in the morning, (temperature according to strength of the patient) and a cooling wet girdle about the abdomen during the day. Exercise freely in the open air, and let the appetite take care of itself, so far as nursing is concerned, but, when *hungry*, eat *temperately* of coarse, unstimulating food.

MAROTIN, physician to the King of France, was so fond of administering medicine, that, seeing all the vials and pill-boxes of his patient completely emptied, and ranged in order on the maple-piece, he said, "Ah, sir, it gives me pleasure to attend you—you deserve to be ill."

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

*Translated from the Fourth French Edition, with
Notes and Additions, by NICHOLAS T. SORSBY, M.D.*

[Continued from the May No.]

CANCER OF THE NOSE.

If the pituitary membrane is subject to attacks of inflammation and ulceration, in consequence of the immoderate use of tobacco, why may not cancer, which is only an induration produced by the exhalation and sojourn of a concrete matter in the cells (or circulation) of our tissues proceeding from irritation, why could it not be, we say, developed in the nose, as well as in any other organ?

When a cause so irritating as that of tobacco acts a long time upon the pituitary membrane, what must be the consequence?

There will be, we repeat it, an augmentation of the vital activity of the part; the blood will accumulate in a greater quantity in the vessels, the capillary vessels will become distended, and the exhalents will permit a thick humor to escape into the meshes of the tissue. If, then, we cease to use tobacco, the flow of the humors may abate and disappear; in the contrary case, the obstruction will augment, and cause an increase of nutrition in the neighboring parts, and an exhalation of a fluid like the white of an egg, at the point where the irritation has been the most active. This first stage of the affection can yet be dissipated, or the engorgement may remain stationary for some time, but persist thus until the nose, the organ affected, becoming the seat of a particular function, its own life changes its nature to assume all the attributes of a cancer.

But replies one, if you establish the fact that the use of snuff develops cancers so easily, there will not be in a short time surgeons enough to amputate all the noses affected with this frightful disease!

To such an exaggerated assertion, we must reply, that you have misunderstood us. Our intention is not to proclaim here that, because some persons snuff, they will inevitably be destroyed by a cancer. We only say that, if this affection can overtake you at some period more or less remote of your existence, we cannot conceive why you will persist in exposing yourself so recklessly to such a danger, especially when it is so easy to shun it.

If we had the leisure to examine the annals of Surgery, we could find thousands of cases that would go to corroborate our assertions; but without transcribing them here to convince you, just look at those old men who have spent their lives snuffing enormous doses of tobacco, and however slightly you examine their dirty and disgusting noses, if you do not find almost always, evident traces of cancers, at least, the germs of a great

number of diseases, ready to devour the precious organ of smell.

Besides, the long series of disorders which snuff can give rise to, does not stop here; we have yet to give you an account of the ill effects that result from sneezing.

OF THE CONSEQUENCES OF THE GENERAL TROUBLE
WHICH SNEEZING PRODUCES WHEN IT TAKES PLACE.

We have established above, that sneezing, whilst sweeping the nasal fossas of mucus, occasions also violent agitation of the whole animal machine.

These concussions, indeed, become very hurtful to plethoric persons, and to those whose pulse is strong and full; in such cases sneezing has been known to determine sanguineous congestion of the head, convulsions, and even dangerous apoplexies; also, grave hemorrhages, hernias, and abortions.

We embrace this occasion to state that the proverb which appears so common to us, since it is rusty with old age: *God bless you!* when you sneeze, was invented by our ancestors, in consequence of the sudden death to which those are exposed who sneeze too often.

Add to these dangers, the numerous disorders which have been mentioned in the first part of this work, and tell us if tobacco, in powder or smoke, deserves all the honors that have been bestowed on it! Your conscience says no, if your mouth answers yes. If women know, says M. Merat, all the pleasures of which they deprive themselves by using tobacco (and above all, of the horror which those who use it inspire in men,) of how soon it makes them appear old, of how it wrinkles their faces, and dilates their nostrils, thickens their upper lips, and changes all their features, they never would use it.

OF THE PIPE, CIGAR, AND CIGARETTE.

Despite the narrow limits of this work, we think it our duty to present, as of great importance, a brief sketch of the anatomy of the cavity into which tobacco enters, to make its irritating action felt.

Besides, by initiating thus some of our readers into a knowledge of the first acts of digestion, we will be of much use to them.

ANATOMY AND PHYSIOLOGY OF THE MOUTH.

The mouth is situated between the jaws, beneath the nasal fossas, and in front of the pharynx; it forms an oval cavity to which we distinguish six walls; directed horizontally, it presents:—1st, the lips; 2d, the uvula; 3d, the tonsils; 4th, the cheeks; 5th, the palate or superior wall; 6th, the tongue, and the teeth.

If to all these parts we add the bones of the lower jaw, some very powerful and moveable muscles, some blood-vessels, some nerves, some glands, some excretory ducts, and a mucous membrane lining the whole cavity, we shall have

named almost everything which concurs to form the mouth, which is constantly moistened by a peculiar kind of fluid, of which we shall soon speak.

SENSE OF TASTE.

The superior face of the tongue is the principal seat of taste. We cannot, nevertheless, deny that the lips, the gums, the membrane lining the vault of the palate, the teeth themselves, the uvula, the pharynx, may be affected by the impression of some *savours*. It suffices, to show that the tongue is not the exclusive organ of taste, as many authors have asserted, to refer to the cases seen by Haller, Roland, A. Paré, Louis de Jussieu, etc., of the complete absence of this organ, without the perception of savors being diminished or even weakened.

The immediate use of the sense of taste, is to give us the perception of savors, from wherein results the propriety of knowing the quality of aliments. Placed as a sentinel at the entrance of the digestive organs, this sense sees that no hurtful substance penetrates into their interior.

Man would have perhaps, of all animals, the most delicate taste, if he did not early blunt its sensibility by strong drinks, spicy dishes, and especially with tobacco! There are some who carry the abuse of the pipe, of the cigar, and of the quid to such an extent, that we are almost inclined to suspect them of having raised a large blister in their mouths, that cavity being so red and inflamed.

We shall see further on, that that irritation continuing permanent, singularly constrains the functions and action of one of the most important organs of life.

OF MASTICATION.

Few are ignorant that digestion is the function by the aid of which substances that are foreign to us are introduced into our bodies, and submitted to the action of a particular class of organs, change conditions, and furnish a new compound, proper to our nourishment, and to our growth. The organs employed in mastication of aliments, are the lips, the jaws, and the teeth with which they are armed, the muscles that move them, and those which form the walls of the mouth. This mechanical trituration is not the only change which aliments undergo in the mouth. Submitted to the action of the masticating organs, which overcomes the force of cohesion of their particles, they are at the same time saturated with the saliva. Indeed, this fluid, furnished by the parotid, maxillary, and sublingual glands, appears to be secreted for the principal purpose of being mixed with the aliments during the period of mastication, to penetrate, saturate, and prepare them to be more easily digested in the stomach. It is for this reason the saliva is poured into the mouth in the greatest abundance during mastication. No one can doubt that the saliva is likewise the first agent of digestion; it

is also of the greatest importance to chew the food well.

When the mouth is in a state of repose, that is to say, not chewing, the saliva, that is furnished by the molar, buccal, palatine, and lingual glands, etc., instead of being poured into the mouth in great abundance, is only secreted by degrees in small quantities; it comes out of a great many canals at once, which renders it more proper to perform the functions it is destined to fill, which consist in lubricating the different parts of the mouth, to maintain its different organs in a state of suppleness and freshness which is necessary to them, and to preserve their sensibility by preventing them from becoming too dry. We say, in fact, it is by the means of the saliva that savory bodies make an impression upon the organ of taste. Thus, without alluding to smokers, persons who have their tongues and palates dried, as often happens in the morning to those who sleep with their mouths open, lose the sense of taste for the moment. It remains then to show that no animal fluid is more salutary than the saliva: this fluid purges when swallowed in the morning fasting; it facilitates the digestion and assimilation of food; when it is wanting, digestion becomes difficult; besides, those who are in the habit of spitting too much, have weak stomachs, are pale, without appetite, and their stomachs are ordinarily contracted. The father of medicine said that great *spitters* are melancholy, or soon become so. Our own observation and experience teach us that almost all great tobacco consumers are hypochondriacs, taciturn, and sometimes of great versatility of spirits.

In giving the history of the diseases of smokers further on, we will point out summarily all the disorders arising from a too great loss of saliva.

OF TOBACCO CONSIDERED AS A MASTICATORY.

Masticatories in medicine, are the remedies which are chewed to excite the secretion of the saliva. This definition, which is that of the books, is faulty in two respects. Firstly, because we do not chew all the masticatories: for example, the smoke of tobacco, which smokers take into their mouths, produces a secretion of saliva without chewing. Secondly, do the masticatories provoke only a secretion of saliva? They produce the same effect upon the mucous membrane, and excite the exhalation of the mucus which lubricates the buccal portion of the system. We think, like M. Méral, a better definition of them to be, substances which augment the salivary and mucous flux of the mouth. The action of the masticatories appears to be entirely due to the excitation which they produce upon the glands and the mucous membrane we have mentioned. That excitement may proceed from a simple stimulation to inflammation; we accordingly divide the masticatories into many classes, according to their degree of force, viz.:

1st. The *Mechanical Masticatories*: thus a bit of wax, of wood, &c. rolled in the mouth, provokes a more abundant flow of these fluids.

2nd. The *Aromatic Masticatories*: these act by their tonic and exciting qualities.

3d. And, lastly, the *Acrid Masticatories*: these are those which authors designate as acting especially upon the salivary glands; their exciting action can proceed to the extent to irritate and inflame the parts with which they come in contact, especially, if they are continued too long, or if the quantity employed is too great.

Tobacco is ranked under this class of masticatories.

There are three ways of smoking tobacco: 1st. In cigars; 2d. In cigarettes; 3d. In the pipe, that is to say, tobacco burned alone, tobacco enveloped in a combustible substance, which burns with it, and that consumed in an incombustible cup.

INACTIVITY OF THE LIVER.

BY DR. CARL LORENZ.

THIS organ, so important in fulfilling the rounds with the functions of the other organs of the organism, has very annoying and painful effects upon the system, if impeded in its action. A case of this nature the reader will find by perusing the certificate of Mrs. Sarah Miles, residing at Cheshire, Conn.:-

"I do hereby certify that about five years ago, I was taken very sick with a complaint affecting the top of my head with a severe pricking sensation, followed by great prostration of strength and general derangement of the various functions of the body. The best physicians of the allopathic school, to the number of ten consecutively, for a period of four years, were employed, and their advice and remedies strictly adhered to, without giving me any relief. My case became hopeless by the swelling of my lower extremities, which confined me to my room, and much of the time to my bed; and on one occasion my friends thought me dying. My case was pronounced and abandoned by my physicians as incurable.

"Having heard of many remarkable cures effected by the use of water as practiced by the water-cure physicians, I was advised to place myself under the charge and advice of Dr. Carl Lorenz, at his Water-Cure Establishment, at Southington, Conn. I accordingly did so in the month of January, 1847. I must acknowledge I had no faith whatever in the water-cure remedy, but my friends urged this course as my only hope of recovery. In less than four weeks time, following his prescription, I found great relief and began to recover, and at the end of three months, I was fully restored to good health, and have continued so to the present time. I am able to attend to my household affairs, and occasionally to walk three or four miles without fatigue. My age is 36 years.

"Those ten physicians supposed my disease to have been in the brain, and accordingly applied their remedies to my head, neck, and shoulders, as well as many internally. Cupping, blistering,

and setons were most of the time made use of, without accomplishing anything but pain, misery, and great inconvenience.

"Dr. Lorenz at once discovered the seat of the disease, and showed evidently that my former physicians had mistaken the symptoms, as experienced on the top of the head for the disease which was in reality seated in the liver, and as such, was treated by him in the manner above described.

"I reside in the town of Cheshire, Conn.

"Oct. 21, 1848. "SARAH MILES."

When calling to consult me, on examination, I found that the patient enjoyed good health previously to her complaint, as described above, with the exception of some bilious attack once or twice a year, with loss of appetite and strength, dullness of the head, and stupidity, but that after a copious discharge of diarrhoea these symptoms always subsided again entirely. Naturally possessed of an active mind and body, the patient over-exerted her energies on frequent occasions, and so much weakened, the system had not strength enough, when taken sick, to relieve or master as formerly, by a discharge of diarrhoea, the complaints as described by her in the certificate, which in fact were nothing but symptoms of "*the bilious attack*," she was subjected to. Over-exertion brought on an exhaustion, and in consequence of it, inactivity of the liver, so that no discharge of diarrhoea could take place, to relieve the system. The attending physicians, in mistaking the place and nature of disease, rendered her case a very painful, and, as was thought by some of her friends and relations, a hopeless one. In perceiving the cause of her complaints, and finding a constitution (although dull, feeble, and sluggish, by derangement of the various functions of the body, and suffering exceedingly from severe pain on the top of the head,—a sensation like gnawing of something on the brain, or at times like pricking of needles,)—strong enough to undergo by degrees a vigorous treatment, I did not hesitate in giving my prognosis, to pronounce her case not a hopeless one, and that health could be established again by following my advice and directions strictly and steadily. The reply she made was, that every one of the former physicians had told her so, *but none had kept his word*. Her trust was shaken in consequence, but nevertheless I commenced treatment in good faith.

To prepare the system for a stimulating and energetic treatment, the patient received several cold ablutions during the day, followed with rubbing by the hand of the waiter, and immediately after the ablutions was ordered to take a walk in the fresh air. Her diet consisted of farinaceous food, with a glass of milk at breakfast and four tumblers of cold water during the day. Then she took wet sheet fomentations, with subsequently a cold half bath, two cold ablutions, and a foot bath before going to bed. As she gained more strength and was enabled to take more exercise, she took, instead of the ablution in the forenoon, a cold half bath for half an hour, followed with

brisk rubbing. In the fourth week of the treatment a crisis took place, with sickness at the stomach, violent vomiting of a fetid, slimy, dark-colored matter, and diarrhœa. After these symptoms had abated the patient found herself very much relieved, full appetite and strength returned, the dullness of the head and the pricking sensation on the top of the head subsided *wholly*, and again the confident expectation of the full recovery of her health was restored.

The same treatment was continued, with an addition of the douche in the afternoon for five minutes, drinking of cold water from eight to twelve tumblers, and taking animal food at dinner-time. In the twelfth week, another crisis occurred, exhibiting the same symptoms as the first, but more violent, and with an eruption of an itching, scabby, and tetter-like appearance on the hands and feet. The swelling of the lower extremities subsided in a great measure, gradually with the disappearance of the eruption, but was not wholly gone when the patient left. She considered herself as well and happy as she was in former days, before taken sick. When leaving the institute, I was told by her:—"You have kept your word."

CASES IN HOME-PRACTICE.

BY B—, OF VIRGINIA.

I HAVE great faith in the Water-Cure. It seems to me to be founded on the soundest physiological principles, and to be sustained by an irresistible array of well-established facts. Though very imperfectly acquainted with its principles and practice, I have tried several experiments with it, with the most signal success. With your permission, I will detail a few of them.

My son, aged ten years, scalded his foot so severely, that, on removing the stocking, the skin came off in flakes. I immediately immersed his foot in a basin of cold water, and kept it there, frequently renewing the water, from early in the morning until late at night, when I wrapped it in a large wet cloth. He slept soundly all night, walked about the house the next day, and the day after, was racing through the yard with the young negroes.

The same boy, some time after this, was taken with spells of vomiting early in the morning, and threw up at first most profusely. He continued for an hour or more to vomit, at intervals of about ten minutes, and his stomach was so irritable that he could retain nothing upon it. Instead of sending for a physician, I consulted one of my Water-Cure books, which advised frequent *sips* of cold water; these I gave him, and applied a wet cloth to the region of the stomach; the vomiting continued for several hours, but with diminished violence, until, late in the evening, it entirely ceased. The patient eat nothing that day, slept soundly at night, was free from disease the next morning, though very much prostrated, and in two or three days was quite well again.

Early in September last, I was attacked with fever and ague, which exhibited all the usual symptoms of severe cases. I *shook* every other day. The disease came on in spells of about a week's duration, and then would leave me for a couple of weeks, until some exposure or imprudence would bring on a relapse. I did not adopt any very efficient mode of treatment, though I sometimes wrapped up in a wet sheet, (from which I derived great relief,) and sometimes took quinine, at the advice of a highly esteemed medical friend. Some of the physicians pronounced my liver out of order, and advised a course of calomel, to which I was not willing to submit. My health continued to decline, until about Christmas, when I was confined to my bed with the worst attack I had ever had: I was so weak I could scarcely stand up; I was reduced almost to an anatomy; my skin was so yellow, that some of my medical friends thought I had the jaundice; my pulse, after the chill had nearly taken the life out of me, was about 150 a minute; my thirst was unquenchable; my skin as dry as ashes, and my head ached intolerably. In this situation, getting worse every day, and seeing no prospect of recovery, I got almost desperate, and determined on trying some energetic remedy, let it kill or cure. I ordered a linen sheet, dipped in cold spring water, to be brought to me. I wrapped it around my body (then in a high state of fever), and had half a dozen blankets spread over me, and tucked around me. In less than ten minutes I felt better; a fine perspiration began to moisten my skin; in half an hour I was bathed in sweat, which seemed to stream from every pore of my body; the fever was soon subdued; my headache ceased, and I felt as calm and happy as a sleeping infant. After remaining about an hour in the sheet, I gradually removed the blankets, and cooled off. I slept well all night, had a good appetite in the morning, recovered rapidly, and by the exercise of a little prudence, am now happily restored to the enjoyment of my usual health.

HOSPITAL CHARGES IN CALIFORNIA.—The following is a specimen of hospital charges in California, being a bill sent to a gentleman in Baltimore, for payment, for services rendered to his deceased brother:

Mr. —,

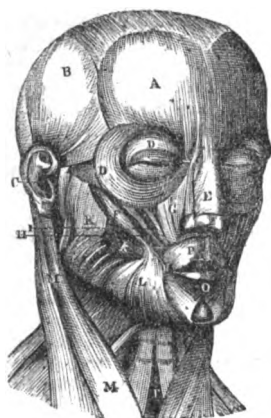
To Sacramento Hospital, Dr.	
To 26 days hospital attendance, from	
October 2, to Nov. 7, (7 days at \$25	
and 29 days at \$20.)	\$755 00
Washing and laying out his body,	16 00
Matress and blankets spoiled in do.	20 00
Coffin, (and sending to get it made)	60 00
Paid for digging his grave in a storm,	20 00
Paid for carriage at funeral,	4 00
Assistance for man at funeral,	5 00

\$880 00

Sacramento Hospital, Sutter's Fort, Nov. 24, 1849.
Attest, Charles H. Cragin, M.D.

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

(Continued from the April No.)



- A, Occipito frontalis.
- B, Levator auris, or Attollens aurem.
- C, Concha.
- D, Orbicularis palpebrarum.
- E, Compressor naris.
- F, Zygomaticus major.
- G, Levator labii superioris alæque nasi.
- H, Zygomaticus minor.
- I, Levator anguli oris.
- K, Masseter.
- k, Buccinator.
- L, Depressor anguli oris.
- M, Sterno-cleido Mastoideus.
- O, Depressor labii inferioris.
- P, Orbicularis oris.
- Q, Temporalis.
- R, Splenius.
- S, Trapezius, seu Cucullaris.
- T, Sterno-hyoideus.
- a, Helix.
- b, Anti-helix.
- c, Concha.

* From the London Hand-Book of Anatomy, for the use of Students of the Fine Arts, with additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

PLATE IX.—MUSCLES OF THE HEAD AND NECK.

A. OCCIPITO FRONTALIS—Arises from the occipital tuberosity; the tendon is expanded over the superior part of the cranium, and is inserted into the teguments of the forehead and eyebrows. *Use*—To move the skin, and raise the eyebrows.

B. ATTOLLENS AUREM, or LEVATOR AURIS—Arises from the tendon of the occipitis; and is inserted into the upper part of the ear, which is connected with the head. The action of this muscle is scarcely perceivable.

D. ORBICULARIS PALPEBRARUM—surrounds the eyelids on the edge of the orbit; and is fixed to the transverse suture which crosses the nose from the corner of the eye. *Use*—shuts the eyelids.

F. LEVATOR ANGULI ORIS—Arises from the hollow of the superior maxillary bone, and is inserted into the corner of the mouth. *Use*—to raise the corner of the mouth.

G. LEVATOR LABII SUPERIORIS ALÆQUE NASI—Arises by two heads; one from the lower edge of the orbit, the other from the nasal process of the superior maxilla; and is inserted into the upper lip, and the outer part of the wing of the nose. *Use*—To raise the upper lip, and dilate the nostrils.

H. ZYGOMATICUS MAJOR AND MINOR—Arise from the os malæ, near the zygomatic suture; and are inserted into the angle of the mouth and the orbicularis oris. *Use*—To raise the corners of the mouth, and to draw it outward.

K. MASSETER—Arises from the higher part of the upper-jaw, and is inserted into the lower part of the under-jaw. *Use*—To raise the jaw, and draw it obliquely outward.

L. DEPRESSOR ANGULI ORIS—Arises from the under part of the lower-jaw, at the side of the chin; and is inserted into the angle of the mouth. *Use*—To depress the corner of the mouth.

M. MASTOIDEUS—Arises, by two distinct origins, from the sternum and part of the clavicle, and is inserted into the mastoid process. *Use*—To turn the head to one side, and bend it forward.

O. DEPRESSOR LABII INFERIORIS—Arises from the inferior part of the lower-jaw, next the chin; runs obliquely upward; and is inserted into half the edge of the under-lip. *Use*—To depress the under-lip.

P. BUCULARIS ORIS—Formed by the insertion of the fibres of other muscles, and constitutes the principal part of the lips; it is inserted into its fellow, at the angles of the mouth. *Use*—To shut the mouth.

R. SPLENEUS, or SPLENI—Arises from the three lower vertebrae of the neck, and the five upper ones of the back; and is inserted above the mastoid process. *Use*—To move the head backward and sideways.

T. STERNO-HYOIDEUS—Arises from the sternum, the clavicle, and the cartilage of the first rib; and is inserted into the base of the os hyoides (a prominence in the fore-part of the neck, situated behind and nearly upon a level with the base of the lower-jaw). *Use*—To depress the os hyoides.

PHYSICAL BENEFIT OF SUNDAY.—The Sabbath is a special present to the working-man, and one of its chief objects is to prolong his life, and preserve efficient his working tone. In the vital system it acts like a compensation pond; it replenishes the spirits, the elasticity and vigor, which the last six days have drained away, and supplies the force which is to fill the six days succeeding; and in the economy of existence, it answers the same purpose as, in the economy of income, is answered by a saving's bank. The frugal man who puts aside a pound to-day, and another pound next month, and who in a quiet way is always putting by his stated pound from time to time, when he grows old and frail, gets not only the same pounds back again, but a good many more besides. And the conscientious man who husbands one day of existence every week—who, instead of allowing the Sabbath to be trampled on and torn in the hurry and scramble of life, treasures it devotedly up. The Saving's Bank of human existence is the weekly Sabbath.—*North British Review*.

SPITTING.—Rev. Mr. Beecher of New York, we are glad to see, has taken up the cudgels against the odious practice of spit, spit, spitting everywhere, which is so rife in this country among smokers, chewers, and snuff-takers. We Americans have often provoked the sarcasm of foreigners by this practice, and, spit as we may at the representations of traveling cockneys and cosmopolitan old women, it must be owned that we are notoriously the most salivating nation on the globe. Whether the corporeal juices are more abundant in the Yankees than in other people, we know not; but, at any rate, the practice is a most filthy and disgusting one, and we wonder that gentlemen who are scrupulously neat and cleanly in other respects, should addict themselves to it. It is hopeless, however, to look for a reformation while the vile Virginia weed retains its despotism over the nation. By the way, we are sick of hearing so much gaseous declamation about woman's influence, when, with all her charms, she cannot rescue man from the witchery of tobacco. Think of a man's pretending to love his wife, who compels her, whenever she would kiss him, to bring her chaste, pouting lips, "like two young rose-leaves torn," in con-

tact with what by courtesy is called the mouth of a man, but which, in reality, is nothing better than a damp tobacco-box! Faugh!—*Yankee Blade*.

A PHENOMENON.—Mr. Michael Jones, living about 2 miles east of Clearspring, Maryland, has three children, the youngest about 8 years old, sick, with very strange symptoms. They appear well when awake, except a dull aching of the head and in the region of the liver. As soon as they get asleep, they start up, and although their eyes remain perfectly closed, they appear to have the use of the organs of vision, as they run around chairs, &c., in order to try to get out of the house. While in the somnambule state, they laugh immoderately and say that they see pretty little pigs, dogs, men, &c. They require constant watching.

What is passing strange is, that at 15 minutes past 8 o'clock in the evening, they become easy, and if they do not go to sleep, they lay awake in a quiet and relieved state. If kept awake until after that time, no unnatural symptoms present themselves. Although their eyes be tightly bandaged, they can see to walk around an object on the floor, &c.

Who can give us the pathology of this disease? There is but slight fever. The pulse is full, but not more frequent than in good health.

SALT ON THE SIDE-WALK—The Royal College of Chemistry have declared the practice of removing ice from the side-walks, by sprinkling salt thereon, highly detrimental to health. They say it brings the immediate temperature down to several degrees below zero, and that the moisture left by it is of such a description that boots and shoes will retain it several days.

VITALITY OF EGGS.—Those who have eggs of a particular kind, says the Worcester Spy, the vitality of which they wish to preserve till they have a chance to set them, should place them in a place of moderate temperature, neither very warm nor cold, exclude them from the air and light, and turn them every day. In this way the vitality may be preserved for several weeks.

NEW-YORK, JUNE, 1850.

A NEW VOLUME OF THE WATER-CURE JOURNAL will be commenced on the FIRST OF JULY, 1850. It is now a good time for our friends to make up clubs of old and new subscribers, and send in for volume TEN (X.). May we not hope to renew the agreeable acquaintance of our present EIGHTEEN THOUSAND SUBSCRIBERS, and form MANY NEW ONES? We leave this entirely in the hands of our friends. We shall put our "best foot forward," and endeavor to make the WATER-CURE JOURNAL, an INDISPENSABLE "monthly FAMILY VISITOR," adapted to the wants of EVERYBODY. FRIENDS, what say you? shall we hear from you AGAIN?

JUNE JUMBLE.

BY R. T. TRALL, M.D.

PREPARATION FOR SUMMER.—We told you, reasonable reader, on the approach of the last winter, when the demons of raging toothache, wrenching rheumatism, and racking colds reveled among the winds, that the life element within was our best protection against ungenial elements without. We now assure you the same philosophy, like all true philosophy, is as true in summer as in winter. A healthy bodily condition will defend us from the maladies incident to relaxing heat, as well as from those common to constringing cold.

In general terms, all diseases of all seasons are but evidences of a transgression of the law; and all true remedial measures must contemplate a return to the law—the law of our being. This may seem like one-ideaism to those who have no ideas of their own. It is most true that one prevalent idea does or should run through the whole hydropathic system, and regulate all its appliances; the idea that life and health with us mortals are dependent on our own good behavior, not upon the machinations of imaginary spirits or goblins, nor upon any supernal or infernal influence or machinery out of the order of nature.

Our contemporaries or competitors of other schools may think they have a more comprehensive system. It may be too comprehensive,—comprehending as many superstitions, barbarisms, and fallacies of a darker age, as facts of modern science. They have any quantity of fragmentary ideas promiscuously jumbled together, without any plan, or system, or recognized principle. Hence in theory no two agree, and in practice they all differ. They have counted up about a thousand diseases, and are continually adding to the list. They have discovered and invented about a thousand drug-medicaments, and are constantly seeking for new ones, so that disease, drugs, and death go along, hand in hand, as they ever have gone, and ever will go, so long as drug-poisons are misnamed medicines. The "regulars" are perpetually bringing out specifics for the most prevalent

maladies, securing a run down the throats of the invalid community by virtue of their great scientific reputation, then, when confidence begins to wane, changing them for new ones, or a new edition of old ones, thus keeping the ignorant, thoughtless, kindly-superstitious and easily-believing multitude doctored, drugged, poisoned, befooled, humbugged, and bamboozled from generation to generation. But we are diverging.

One of the most curious illustrations of the doctrine that "all extremes meet," is the fact that all physicians, regular, irregular, or defective, and all schools of medicine, chartered or unauthorized, pretend that their system is only calculated to "aid and assist nature," thus virtually confessing that nature is the physician. Yet, how strangely the universal theory is diversified and contemned in practice! The living organism is marred and scarred externally, poisoned through and through internally, its vital fluid drained off, and its natural energies quelled by narcotics, all to assist nature. Rank stupidity! Does nature know of any such work? Where are her instruments or provisions for such a "healing art?" Who assists nature? Do you, Mr. Cod-liver Oil? you, Dr. Calomel? you, Professors Arsenic and Antimony? you, Sir Prusic Acid? or you, Leech, Blister & Co.? Nature only knows you all as Ishmaelites. Nature resists the assaults of morbid causes; you step in and silence her efforts, and this you call assisting her! The writer has swallowed such nonsense long enough, and the accompanying poisons rather too long. But we are digressing again.

A cold and backward spring may be succeeded by a hot and scorching summer. Whether it is or not, choleras, apoplexies, dysenteries, sun-strokes, etc., will more or less prevail. Who will be their victims? *All, EVERY ONE*, will be taken from the ranks of those whose habits of life are contrary to the system we teach. Mark this, and tell us next fall whether we are true prophets. Keep your bodies as temples of purity, and pestilences will not harm you. Yet thousands of men, women, and children, now in apparently robust health, will die the ensuing summer. Ignorance, error, imprudence or mal-medical advice, will many times prevail. Soon after the advent of cholera among us in May of last year, our book-wise Allopathic Medical Counsel to the Board of Health of the City of New York issued a pronouncement advising the people to use more concentrated food, a greater proportion of animal food, to wear flannel next the skin, and check the first symptoms of looseness in the bowels by constipating medicines. We have abundant evidence that many lost their lives—some physicians, too—by following this official but most unfortunate advice. Every part and particle of it is exactly wrong. Had we a thousand lives, they would be all trusted with undoubting confidence to the opposite management. We repeat what has often been intimated in this journal before, that *less* animal food, a *free* use of good fruits and vegetables, *unconcentrated* farina-

ceous food, the *absence* of flannel, but frequent *cold bathing* of the skin, and the careful *avoidance* of all kinds of constipating medicines, are the true cholera preventives. Should any of our readers get sick, let them remember that nature's remedies are water, air, food, sleep, exercise, temperature, etc. If these fail, poisons cannot cure.

THE OLD-SCHOOL MEDICAL JOURNALS.—If that patient man who once lived in the land of Uz, was obliged to read all the old-school periodicals, we opine his patience would become exhausted sooner than by the infliction of sore boils. During the last month they have been overburdened with proxy addresses from Professors of Colleges and Presidents of County Societies, nearly all of which run into the same all-pervading theme—"the revelations of the medical profession to the public," and the awful ravages of quackery. We would like to see any man, of ordinary common sense and education, take up any one he can lay his hands on, read all its theory and practice attentively through, and then have him tell us how much wiser he is for his labor. He could only say, "Confusion take the whole, I can't understand anything about it." Reader, when you cannot understand what an author is writing about, you may reasonably presume he does not know himself. We are willing the same test should be applied to Water-Cure writers. If what they say seems wholly unintelligible, you may rightly suspect their words are not based on any very clear ideas. It is not because allopaths are not learned, or talented, or rational, or sensible men, that their writings are generally incomprehensible. It is because their whole system is unphilosophical, and hence of necessity unintelligible alike to them and you. Here is a fair specimen from the Boston Medical and Surgical Journal of May 8th. The article we quote from is denominated "A Dissertation on Colic." When the writer comes to the treatment, he thus "lets himself out:—"

"Let us inquire, then, what are the leading indications which are to be fulfilled, in the treatment of colic? I answer, to relieve the spasm, and restore the regular peristaltic action of the bowels. This done, our ends are attained, and our patient is placed in a state of convalescence. The first remedy which I propose, where the urgency of the symptoms and the general health will warrant it, is bloodletting. General bloodletting will do much to relax the spasm, determine to the surface, and anticipate the inflammatory stage which is liable to ensue. French writers, however, seem very partial to leeches, which they apply freely to the verge of the anus, and from which much good is anticipated. I cannot speak from any experience upon this point, but it seems to me that the lancet is worth more than a regiment of these animals; and certainly its use is more agreeable than the confinement of perhaps twenty leeches to the anus of a patient, tossing to and fro with the colic. If phlebotomy be practicable, the effect, and not the quantity of blood drawn, is a consideration of paramount importance. Partial, if not complete syncope, should be the result of the operation. A cold skin and small pulse would not, *per se*, present any objection to its performance. Generally, however,

I do not consider bloodletting indispensable in the treatment of the disease under consideration.

"We have in opium itself, almost the *sine qua non* of treatment for this malady. I should prefer it to any other, and indeed all others, if the line of demarcation was drawn. Yet it must be dealt out in no stinted, stingy doses, but with a liberality equal to the emergency of the case with which we have to do. It will not answer to prescribe it with the impression that, in a few moments, we are going to throw in something else to help it along; for if we give it anything like a fair chance, it will help itself. In a severe case, for the first dose, I should never give less than three grains, or more than five, supposing the patient an adult. Smaller doses should follow this every half hour, or thereabout, until full and complete relief has been obtained."

Who can decide when a doctor disagrees with himself? The first remedy he proposes is certainly general bloodletting; and in the next paragraph he certainly tells us it is generally unnecessary, and that opium is alone the all-sufficient remedy! In theorizing on the nature of *flatulent* colic, the writer does his own trade equal and exact justice, in the following outburst of real eloquence and sound philosophy:—

"Consequent upon an impaired state of the stomach itself, is the partial fermentation of our food and the elimination of hydrogen, oxygen, nitrogen, and carbonic acid gas, which serve still further to derange the normal condition of the digestive organs. And although we may boast of the knowledge of some things, of which our ancestors were ignorant, still the truth requires us to acknowledge, that we are altogether more *inflated*, and that there is a good deal of gas about us, our pretensions to the contrary notwithstanding."

We agree cordially with our brother Medicus as to the quantity of gas eliminated in the profession, and our only wonder is that many of its members do not go off in the shape of balloons.

HIP DISEASE.—The affection so called consists in a chronic inflammation of the membranes of the hip-joint. Under the ordinary treatment it terminates in death, or a shortening of the limb with a stiffened joint—usually the former. There is good ground for the supposition that many fatal or unfortunate terminations of this disease are owing to the treatment adopted in its early stages. The following case is instructive. A few weeks ago, a little boy in this city was complaining of weakness and pain in one of the legs, especially at night. It frequently troubled him so as to destroy the night's rest. Still he was able to be about all day. There were no outward manifestations of disease about the hip or spine. Many of our city doctors were consulted. A distinguished Homœopathist pronounced it a hip disease of the worst character. A celebrated Allopath also said sage sayings about the case. He could not exactly make up his mind what the case was, but proposed, as one experimental test, a course of blisters for several weeks. This plan he rather thought would ultimately determine the point, whether it was or was not a hip disease. Luckily for the child, the experiment was declined, the parents preferring to

remain in blissful ignorance rather than maim the child's hip just to ascertain whether anything ailed it or not! The case was then put under hydropathic management, general ablutions, half-baths, and wet bandages, being the principal processes. In about a month all the doubtful and alarming symptoms disappeared. Query—If this little patient had been put upon a scientific course of blisters outside, and mineral poisons inside, would he ever have seen a well day thereafter?

WATER-CURING DEPOTS.—The Boston Medical and Surgical Journal, in speaking of Water-Cure places, which it well calls *water-curing depots*, remarks of those at Northampton, Mass.: "There are now three of these water-hospitals in that town. At the present ratio of increase, Northampton will soon be in a state of perfect liquefaction." Right, neighbor, we hope it will be sufficiently liquefied to wash all the apothecary stuff out of the blood and bones of the inhabitants. As allopathy was going on until overtaken by the hydropathic flood, there was danger that the people would all turn into a state of *petrification*.

UNUNCTION IN SCARLET FEVER.—We always thought the Baconian philosophy was founded on inductive reasoning; but we now perceive, from some new light afforded us by an allopathic journal, that it is only a process of *inunctive greasing*. Our illumination comes in this wise. A. Harvey Lindely, M.D., of Washington, D. C., communicates to one of the standard medical periodicals a plan of treating scarlet fever, which has the honor to have been originated by Dr. Schneeman, physician to the King of Hanover. Surely, if a King's physician has condescended to get it up, it must be a sure cure for anything, not excepting the King's Evil itself. The plan, Dr. L. assures us, is "philosophical and rational." Dr. L. says:—

"Its *modus operandi* will be seen at a glance, and will commend itself to every discriminating physician, for every one, I think, will admit that the chief weight of this disease falls upon the skin; and of course whatever tends to restore the deranged functions of this important part of the body, will contribute most materially to alleviate all the symptoms. The employment of this remedy of course will not prevent the use of such other means as experience sanctions and each particular case calls for, as laxatives, febrifuges, applications to the throat, internal and external, &c."

The treatment, as described by Dr. S., the Hanover King's Physician—we guess he is a great pork-eater—is as follows:—

"From the first day of the illness, and as soon as we are certain of its nature, the patient must be rubbed morning and evening over the whole body with a piece of bacon, in such a manner that, with the exception of the head, a covering of fat is everywhere applied. In order to make this rubbing-in somewhat easier, it is best to take a piece of bacon the size of the hand, choosing a part still armed with the rind, that we may have a firm grasp. On the soft side of this piece slits are to be made, in order to allow the oozing out of the fat. The rubbing must be thor-

oughly performed, and not too quickly, in order that the skin may be regularly saturated with the fat."

Is not this practice baconian? Now, doctors, fill up your saddle-bags; cod-liver oil on one side for everything in general, and fat bacon on the other, for scarlet fever in particular. It is our honest conviction, that if you simplify your practice down to these inside and outside unctions, your patients will be the better for it. Then look at the beautiful theory as given by both doctors—Lindely, of America, and Schneeman, the King of Hanover's Physician. The King's Physician reasons thus:—

"The advantages are—1. The improbability, we might almost say the impossibility, of the patient getting cold, while the skin is thus covered with fat—a point in no disease more important than here."

So the great point, in scarlet fever, is not to free the body of morbid matter, but to keep the patient from catching cold! And for this purpose he must be buried in grease! Wouldn't simple cerate, good fresh butter, sweet cream, olive oil, beef tallow, or some cleaner grease, do just as well as the oil of swine? But the American eulogist of baconian therapeutics has a different theory of the greasing process. He thinks the "weight" of scarlet fever "falls upon the skin," so, to diminish the force of the blow, he would interpose a covering of smoked and salted hog's oil. One thing, however, is to be particularly noted as touching this grand discovery. Dr. L. tells us to give laxatives, febrifuges, &c. &c., just the same as though the bacon was not used. Verily, thou art smart, O commentator, on the King of Hanover's Physician's most marvelous skill!

THE PUBLIC HEALTH BILL.—In a recent act of the Legislature, the powers formerly vested in the Board of Health, in this city, have been transferred to the Mayor and Common Council. Many severe and stringent pains and penalties are provided in the act against landing infected cargoes and sickly immigrants without due quarantine preparations. These are all well as far as they go; but how futile, how impotent, do they compare with such a health enactment as the people really need! It is very well, surely, to do even a little toward checking in a small degree the spread of diseases which occasionally visit us. But how vastly more politic, as well as philanthropic, would it be to make due provision against worse sources of disease, more malignant pestilences, which are always in our midst? Why, City Fathers, expend all your energies in arresting small evils, comparatively, and permit great death-dealing nuisances to go on unmolested? Look at the distilleries, cow-stables, hog-pens, slaughter-houses, and other air-poisoning establishments! See the dark, damp, sunless alleys, the hot, suffocating attic apartments, the dismal, smoky cellars, the underground corners of old rotting buildings, where miserable men, women, and children are huddled together, mouldering in their own foul secretions, and tainting the surrounding atmosphere with virulent miasma! There, Boards of Health, is work for you.

There are constant, never-ceasing sources of pestilence, worse than any which comes to us from the plague-infected East. Cannot some pains and penalties be brought to bear upon those soulless landlords who let such tenements because they can "put money in their purses?" By attending to this sanatory, as well as Christian duty, you can save many more lives than by the most rigid enforcement of all the powers given you by the late act. If you so please, you may attend to both.

DISEASED MEAT AND MILK.—We especially commend the subject-matter of the following extract from one of our city papers to the consideration of the new Board of Health. The poor and ignorant who mainly suffer from this worse than piratical traffic, have a special claim to be protected against the acts of the infamous wretches who fatten by their ruin, for the special reason that they are powerless of themselves:—

"Perhaps the imbibers of the swill and still-fed Orange County milk are not aware that the miserable, bloated beasts who furnish that rum-rotten liquid are at the close of their unfortunate existence converted into 'prime country beef.' Persons who purchase meat from the itinerant hucksters should make inquiry where the delicious substance was produced, for we can tell those who think they cheat the regular tax and rent-paying butcher out of a penny upon a pound of beef or veal, that they get an article that, did they know where it came from, they would not feed a dog with. It is a frightful fact that hundreds of poor working-men, who are obliged to live at cheap boarding-houses, are plied with the flesh of animals that have been fattened upon still slops, bloated with the dregs of rum in order to force a greater yield of milk, and when brought to the healthy condition of a Five Point loafer, killed, and trafficked as prime country beef.

"It is no wonder that there is so much sickness and death among the poorer class of our population. It is no wonder that people are afflicted with scrofulas and humors, diseases of the blood and the skin, when they are fed upon the tainted and poisoned flesh of diseased kine.

"There should be some health-protecting authority to inspect the beef and veal that is huckstered about the streets, and sold in little stalls about the city. The health of the community should not be recklessly trifled with. The warm season is just dawning upon us, and the diseases incident to a change of atmosphere will soon be among us. Shall we anticipate cholera and fevers by allowing unprincipled hucksters to distribute disease and death about the city?—diseased meat and diseased milk? If the public authorities know anything, they know that the hucksters do all that we have intimated. Are they afraid to do their duty? We shall turn to this subject again, and give some 'items' that will make the flesh of the cheap beef-eaters crawl."

A CASE IN MIDWIFERY.

BY JOEL SHEW, M.D.

WHILE the cholera was committing its fearful ravages in the city of Brooklyn during the summer of 1849, a worthy and intelligent lady, the wife of a sea captain, was preparing to leave for the country, whither I was to go with her to attend her looked-for case of childbirth. Monday, the 9th day of July, she was busy packing trunks and preparing to move, and probably overworked. At all events, she did not feel well, and experienced pains similar to those of labor, all day Tuesday. I remained in the house over night, but in the morning the patient was better. Still there occurred at times periodical pains, and I told the patient that if they were true and natural pains of labor, a bath would accelerate and make them worse; or if they were false pains, and such as did not indicate the near approach of labor, the bath would cure or render them less. They were, however, increased.

At 8 o'clock in the evening labor came to a close the result being a fine, healthy, female child. One hour after, namely, at nine o'clock, the patient feeling rested, was helped into a sitting bath-tub, and well washed, for some minutes, over the whole surface. The water was fresh and cool from the cistern. As may be imagined, the patient felt incomparably more comfortable after a good cleansing in this manner, and a degree of refreshment, that can be conceived of only by those who have had the practical illustration of it in their own persons, was experienced. A plenty of wet linen towels were placed over the abdomen and genitals, and by these means the patient was enabled to pass, on the whole, a very good night.

She had, she informed me, always suffered intolerable anguish for days after the birth of her other children, five or six in number, I believe. Even with the first—(a thing very uncommon)—she had experienced most severe torture. It was, therefore, a great object at this time to do everything possible to prevent the after-pains. Toward morning, as she began to grow more warm, the pains came on in a slight degree.

At half past six, the 12th, (the first morning after the birth), the patient was again thoroughly washed from head to foot in the hip-tub. After this a large linen sheet, the whole being wet, and folded in the form of a very large girdle, (large enough to cover the whole trunk of the body,) was employed. It was wrapped round from end to end, its object being to act as a great and moderately cooling, and necessarily soothing fomentation, to the body, to keep off inflammation and subdue pain. The weather being most excessively sultry and hot, only one dry sheet was placed over her as a covering. She was to remain in this condition so long as the wet sheet did not become uncomfortable or too warm. At 10 the same forenoon, after having slept a good nap, a second ablution was practiced.

She now took a trifle of nourishment in the form

of oatmeal gruel, the first since the birth of the child. The two whole days previous likewise, she had not eaten in all the amount of half a common meal. This three days' abstinence proved a most valuable means in warding off fever and pain. Nor did it materially impair the strength.

In the afternoon of the same day, the 12th, the patient again took a good bath, fresh from the cistern. She slept considerably both forenoon and afternoon, and *suffered positively no more pain*. She sat up in her rocking-chair to rest herself in the afternoon and evening, at which time still another bath was to be repeated; but feeling so comfortable and sleeping withal, she concluded to omit it.

The next morning (the 13th), the patient sat up and took her breakfast, namely, a small piece of simple brown bread toast.

Thus she went on, bathing and using the fomentations freely each and every day, and very soon regained her full strength. Indeed, she was not at any time so weak as to prevent her walking. She always, after the first night, appeared happy, cheerful, and smiling. She now had no pains whatever, while always before, in childhood, she had suffered greatly for many days after the birth.

The peculiarities of this case are the following:—

1. The patient bathed during the whole period of pregnancy, daily, by means of that invaluable application, the dripping or rubbing-wet sheet.

2. She wore, of her own accord, the wet compress over the stomach the whole time of pregnancy, night and day—a means which seemed most effectually to prevent heartburn, nausea, and a host of stomach difficulties, to which she had on previous like occasions been subject.

3. The very abstemious diet subsisted on. She ate much of the time little else than brown bread and water, and this in small quantity.

4. The extreme heat of the weather.

5. The fact that epidemic cholera was raging most fearfully at the time, in the same neighborhood.

6. The great amount of treatment that was practiced.

7. The freedom from all after-pains, to which the patient had on all previous like occasions been subject.

8. The great rapidity with which she resumed her full strength.

Let those who would imitate a treatment of this kind, be sure of the *principles* on which they act. Experience alone is the great teacher in these things. The timid and inexperienced must be content to practice in a less heroic mode.

Thus have I sketched, hastily, a single case from my note-book. I would that I could raise my voice long and loud on a subject of so much importance as the one here presented. I have written, as is too often the case with me, after the hour of midnight, and when I must rise again ere the morning sun, to commence anew my daily toil. May the principles of Water-Treatment, and of Hygiene generally, con-

tinue to be spread through the medium of the WATER-CURE JOURNAL till every family shall know the truth.

ALLOPATHY CONFESSEDLY EMPIRICAL.

BY S. S. HOUGHTON, M.D.

IN the May No. of the Journal, I presented a few of the reasons why HYDROPATHY should *not* be tabooed on the *half-uttered* charge of "empiricism," as it too often is,—especially through the agency of ignorant or interested assailants. I now propose to "carry the war into Africa:"—not, however, in my own name only, for I design to prove by the testimony of some of the most distinguished members of the medical profession that *Allopathy* (or the routine practice pursued by the great majority of the Allopathic physicians) is *itself empirical*, and consequently obnoxious to the self-same charge on which it would convict all rival schools. The first witness I shall call to the stand is *Dr. Paris*. Says this eminent physician, "The file of every apothecary would furnish a volume of instances where the ingredients of the prescription were fighting together in the dark." *Dr. James Johnson* says: "I declare it to be my most conscientious opinion that, if there were not a single physician, or surgeon, or apothecary, or midwife, or chemist, or druggist, or drug in the world, there would be less mortality amongst mankind than there is now." *Dr. Billing* says: "I visited the different schools of medicine, and the students of each hinted, if they did not assert, that the other sects killed their patients." *Franks* says: "Thousands are slaughtered in the quiet sick-room." *Reid* says: "More infantile subjects are perhaps diurnally destroyed by the mortar and pestle than in the ancient Bethlehem fell victims in one day to the Herodian massacre." Speaking of the plague, *Dr. Madden* says: "In all our cases we did as other practitioners did—we continued to bleed, and the patients continued to die." And who does not remember *Sir Asley Cooper's* famous declaration that "the science of medicine was founded on conjecture, and improved by murder?" *Dr. Brown* said that he "wasted more than twenty years in learning, teaching, and diligently scrutinizing every part of medicine." *Sir William Knighton* said: "Medicine seems one of those ill-fated arts whose improvement bears no proportion to its antiquity." *Gregory* declared that "medical doctrines are little better than stark, staring absurdities." *Abernethy* said: "There has been a great increase of medical men of late years, but, upon my life, diseases have increased in proportion." *Baillie* declared that "he had no faith whatever in medicine." We are also told that "*Locke, Smollett, and Goldsmith* (all three physicians) held their art in contempt;" and also that "*Sir James Mackintosh* was not the only man who left the profession of physic in disgust; *Crabbe, Davy, Lord Langdale*, and hundreds of others," (we

are also assured), "have done the same." And again: "The ancients," (says *Dr. Dickson*, of London), "endeavored to elevate physic to the dignity of a science, but failed. The moderns, with more success, have endeavored to reduce it to the level of a trade."

Once more: says the celebrated French physiologist, *Magendie*: "It is not a little remarkable that, at a period when the *positive* is sought in every quarter, the study of a science so important to humanity as medicine, should be almost the only one characterized by uncertainty and chance. * * The end of all our efforts should be to study the *causes* of disease, and not their *effects*, as has long been done. * *

The physician mixes, combines, and jumbles together vegetable, mineral, and animal substances, and administers them, right or wrong, without considering for a moment the *cause* of the disease, and without a single clear idea as to his conduct. * * I hesitate not to declare, no matter how sorely I shall wound our vanity, that so great is our ignorance of the real nature of the physiological disorders called diseases, that it would perhaps be better to do nothing and resign the complaint we are called to treat to the resources of nature, than to act as we are frequently compelled to do, without knowing the why or wherefore of our conduct, and at the obvious risk of hastening the end of our patient." And now to quote a prominent physician of our own country:

With regard to the ravages of that horrible poison, *CALOMEL*, Professor Chapman, of Philadelphia, a few years ago, thus addressed his class: "Gentlemen, if you could see what I almost daily see in my private practice in this city, persons from the South, in the very last stages of wretched existence, emaciated to a skeleton, with both tables of the skull almost completely perforated in many places, the nose half gone, with rotten jaws, ulcerated throats, breaths more pestiferous, more intolerable than poisonous upas, limbs racked with the pains of the Inquisition, minds as imbecile as the pining babe's, a grievous burden to themselves, and a disgusting spectacle to others, you would exclaim, as I have often done, 'O! the lamentable want of science that dictates the use of that noxious drug, *CALOMEL*, in the Southern States!' Gentlemen, it is a disgraceful reproach to the profession of medicine—it is *quackery*,—*horrid, unwarranted, murderous quackery*. What merit do gentlemen of the South flatter themselves they possess by being able to salivate a patient? Cannot the veriest fool in Christendom salivate—give calomel? But I will ask another question: Who can stop its career at will, after it has taken the reins in its own DESTRUCTIVE and UNGOVERNABLE HANDS? He who, for an ordinary cause, resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of a life; for he has enough to do ever afterward to stop the mercurial breach of the constitutions of his dilapidated patients. He has thrown himself in

fearful proximity to death, and has now to fight him at arm's-length, as long as the patient maintains a miserable existence."

So much for "the regular practice of medicine"—so much for the peculiar mode of medical treatment which has elicited the enthusiastic admiration of our worthy and intelligent "Sanatory Committee!" Censured—nay, even vilified—by its own chosen favorites, *Modern Allopathy*, (for it is not the same thing as "the regular practice" of the *ancient physicians*)—*Modern Allopathy*, I say, stands before us CONFESSEDLY guilty of the very offences charged against her rival schools. Some of her votaries are even declared to practice "*horrid, unwarranted, murderous quackery*!"

But there is no need of my pursuing any farther this particular topic; to do so now,—to go on, at this stage of my argument, with a more thorough exposure of the wretched pretensions of the "routine doctors," would savor of downright cruelty to a beaten foe.

I have only, in conclusion of this branch of my subject, to remind my readers that the strong and withering language I have quoted, proceeds from the highest authorities in medicine. It affords me no pleasure to repeat these sweeping denunciations, for I yield to no man in my warm admiration for all that is lofty, generous, and good, in the medical profession. I should be no friend to humanity and to truth were I remiss in acknowledging my own indebtedness to the "burning and shining lights" in medicine—to their profound study, and able demonstration of the intricate and complicated symptoms of diseases—to the heroic daring and unflinching devotion which they have ever displayed in the exercise of their noble and God-like calling. It is not against practitioners of this class that my argument is aimed, or that the biting invectives of *Abernethy* and *Paris*, *Billing* and *Reid*, *Magendie*, *Chapman*, and *Sir Astley Cooper*, were especially leveled. Were the profession composed of such minds as theirs, I should not now be engaged in defending Hydropathy from the gross and insulting charge of empiricism.

No 8, West Eleventh Street, New York.

CHILD-BIRTH.—THREE CASES FROM MY NOTE-BOOK.

I.—A CONTRAST.

MRS. S., a young lady of twenty, came to New York to be confined (with her first-born) under my care; but, while making a short stay in the country, a few miles from the city, took fright suddenly and was prematurely delivered. As she had no water-cure physician near at hand, she followed the promptings of her own judgment, and the suggestions of an invalid friend, in making preparations for her trial. When she saw that she was actually in labor, clysters

* Vide May number of the Journal.

of tepid water were administered, a cold bath given, and a large wet bandage adjusted about the abdomen. Shortly before the birth of the child, an allopathic physician, 70 years of age, was called in, who chanced to have just left another "midwifery case," which he had conducted "regularly," according to the usual routine,—that is, he had, before taking leave, strictly enjoined upon his patient to keep her bed for an indefinite period, and not to presume to stir from it, for the first nine days, on any consideration whatever. Well, in obedience to the summons, he came into the *water-lady's* chamber, weary and almost exhausted by the August heat. He immediately shut down the *open windows* and looked about for his patient. She happened to come in at this moment, at a side door, from a second cold bath, enveloped in her wet linen bandage and a cool sheet. As soon as he had ascertained the exact position of affairs at this juncture, he cried out in amazement: "*A cold bath! cold, wet cloths! What does all this mean?*" The lady explained that she only required his surgical aid; that her belief in the water-cure was so strong that she intended to try it in her own case, notwithstanding she could not get her water-cure physician from the city in season; and she concluded by assuring the old gentleman that, in any event, so far as the use of WATER was concerned, the risk was not *his*. Too weary to contend long with a patient under such circumstances, the old gentleman contented himself with being *very* cross and dignified. His duty was soon over, (notwithstanding his prejudice against the wet cloths!) and he left his patient, as he supposed, a fixture in her bed, like the other one. On calling the next morning, the doctor was informed that his patient was taking a bath. Of course, remonstrances were too late! The next morning he returned, and, while waiting in the parlor for a summons from the sick chamber, in walked *Mrs. S.*, with her child in her arms! The old gentleman was once more greatly startled, and earnestly remonstrated against this new piece of "imprudence." In return, he was assured by his patient that she was *perfectly well*! The doctor did not call again, after this; though he learned but little from the example, for his other lady patient came from her chamber, a month afterward, pale, weak, and languid, like the great majority of American mothers who follow the treatment of "Dr. ROUTINE."

II.—FLOODING.

The hydropathic is the only safe mode of treatment for females predisposed to uterine hemorrhage. To be sure, WATER is used by the regular doctors, in order to stop flooding, but generally as a last resort, and in such a shocking way, that half its good effect is lost. For instance, they recommend pouring a steady stream of water from a great height, etc.—all of which is very barbarous. The sitz bath, injections, etc., are far better and more agreeable to the feelings of the patient. The following is a case in point: A lady of this city had at different times nearly bled to death, and, when about to be confined,

last spring, saw her only chance for life in the water-treatment. She followed water-cure habits during her pregnancy; bore a large boy safely, and was able to be up in three or four days after her confinement. This lady required more treatment than is usual, losing, as she always did, upon any exciting cause, great quantities of blood. A cold sitz bath was taken, sometimes as often as once every two hours, for a week after confinement, and one general bath every morning during this critical period. When asleep at night, she was bandaged in wet linen. For a woman of naturally frail health, she is now a wonderful specimen of the power of water to strengthen those who are predisposed to disease.

III.—FAINTING DURING LABOR.

Mrs. C, a lady of sedentary habits and slight frame, was treated with WATER, at her first confinement, under my care. Being a literary lady, and accustomed to study and writing during her pregnancy, just as she had been doing for years, she was very poorly prepared for her trial. Besides all this, her frame was very imperfectly developed from want of exercise while growing. Her first pains seemed to exhaust her, and many bad symptoms appeared, which made me feel that I had incurred a hard struggle and fearful responsibility. She was refreshed often with a sponge bath and frequent slight baths, which always revived her and gave her new courage. We several times put her into the bath when either insensible or in a fainting-fit: the water always strengthened her and prepared her to bear her next pains with renewed courage. At the time of delivery, she was again exhausted and apparently lifeless, but still, as before, the tepid bath restored her, and with the aid of the necessary applications, she was made quite as comfortable as though she had not had so many weaknesses to contend with. This lady recovered her strength after confinement all the more rapidly for her numerous baths, and was out in three days. The treatment after confinement was a general bath every morning, a sitz bath at noon and night, and the constant use of the wet bandage. The temperature of the water employed was carefully graduated to suit the symptoms and pulse of the patient, as is necessary in all cases.

No. 51, Tenth St., N. Y.

M. L. S.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

In my writings thus far, I have spoken of the Water-Cure theoretically, and of its results generally. Those who have read my "Position Defined," my "Progress of the Water-Cure," in preceding numbers of the *Journal*, and especially my pamphlet, entitled, "An Introduction to the Water-Cure," may take an interest in reading some of the results of my practice, taken from a case-book, which, though kept but for a brief period, may yet be instructive to the student and the amateur.

In writing out my cases, I shall begin at the beginning, and give a few in each article, with such remarks as they may suggest; and though it may be hard for a man to see his own errors, and still harder to confess them, I shall endeavor to do both. I shall tell "the truth"—I shall try to tell "the whole truth"—certainly, I may reasonably expect to be able to tell "nothing but the truth." As cases will occur in which the names of patients could not be given with propriety, I shall give none. To the hundred thousand readers of the *Journal*, allowing that each copy is handed round, as such a work ought to be, the names would be of little significance; and a man who would manufacture a case, could easily invent a name.

CASE I.—TYPHOID CONGESTIVE FEVER.

Mr. —, aged 40, has been troubled with dyspepsia of long standing, spinal disease, and some urinary difficulties. He has taken incredible quantities of medicine, and tried every system, and almost every mode of quackery. Allopathy, Homœopathy, Chrono-Thermalism, and Thomsonianism, have each had their turn; and he has spent hundreds of dollars in nostrums. Even the Water-Cure, his last resort, produced but a slow, and almost imperceptible improvement; and after a trial of some months, he was induced to change again; to eat a full and stimulating diet, and to submit to the application of caustic. This course produced a violent attack of fever, beginning with a heavy chill, pains in the back and head, a high fever, and a drenching perspiration; having the appearance of a violent attack of fever and ague.

I saw the patient in the sweating stage, after his second access; and the first thing I did was to give him a dripping sheet bath, to check the perspiration. I then took him home. His pulse was 120, with a violent headache. Usually, packing in the wet sheet will cool the fever and check congestion, but in this case it was not sufficient. The dripping sheet was tried, but proved but a temporary relief. I found that the congestion of the brain was becoming a dangerous symptom, as it was accompanied with great nervous irritation. The whole room seemed full of spectral visions, some terrible, but most of them grotesque. The headache was also distressing, and the fever was assuming a typhoid character.

Now here was a case in which an allopathic doctor would have bled, and leeches, and purged, and shaved the head, and blistered—a case to last a month, with a pretty doubtful issue. I knew what the patient had gone through, and what kind of a constitution I had to work upon. I saw the insufficiency of the usual remedies, and the necessity of meeting the case by some course that should not task the power of the patient, while it relieved the worst symptom of his disease. I therefore drew a bath of about ninety degrees, set him in it, and commenced rubbing his body and limbs, while I wet his head with cold water. After having actively rubbed him in

this way for about half an hour, I poured a pail of cold water over him, rubbed him dry, and put him in bed. The change was wonderful. His pulse was less than a hundred, with a more natural feeling,—his countenance was more cheerful, the pain in his head was gone. When it returned again, I repeated the application, with the same success. Gradually the visions faded out, his pulse went down to the natural standard, and with a pack and sitz bath daily, and constant bandaging, all his febrile symptoms disappeared in six days.

At first I gave him nothing but water, then for two or three days he eat only grapes, to which were afterward added toasted wheat-meal bread, as his appetite increased. At the end of the week this man was in better health, I think, than he has enjoyed for years.

The point I note especially in this case is the magical efficacy of the tepid rubbing bath, in relieving congestive fevers. Cold applications do well in many cases, but in others, they are contra-indicated, and in such, this seems to me the best treatment.

CASE II.—SCROFULOUS OPHTHALMIA.

A girl, 10 years old, of a very scrofulous family, was brought to me with both eyes terribly inflamed, conjunctiva injected, and lids ulcerated. The inflammation, with small ulcers, extended to some distance around the eyes, and there was an abscess on the top of the head. In a system full of this poison, after a winter of close, heated rooms, bad diet, and inattention to cleanliness, the first warm weather of the spring had excited an action, which had probably been determined to the eyes and head by the activity of her mind, and a habit of reading. I ought to mention that since the death of one of the children of this family of a scrofulous affection, the father has become interested in the Water-Cure, and has caused the boys to be bathed. The result is that they are quite healthy, while the girls, who have not had this advantage, are much less so. But now, when one of them was so deplorably affected, the mother brought her to me, and has since followed my directions faithfully.

I explained to the mother, that this affection of the eyes and head was but a development or determination of a constitutional disease, and that no local treatment could be of much benefit; that it was now a good time to eradicate the disease, and begin to build up a healthy system for her child. I directed, therefore, that she should be thoroughly bathed every morning, packed in a wet sheet in mid forenoon, and wear a wet bandage around her waist; her eyes to be bathed during the day, and covered with a wet compress at night; that her diet should be of the purest and simplest character, excluding flesh and grease; that she should be in a pure air, night and day; and that she should take as much exercise as possible in the open air.

Under this course of treatment her eyes became well,—the ulcerations healed, her skin became clear

and bright, and her whole appearance changed for the better. This child, though deeply tainted with scrofula, will, if faithfully cared for, be restored to entire health. The Water-Cure certainly eradicates this terrible disease, and it is, I believe, the only remedy. The allopathic "remedies," arsenic, corrosive sublimate, etc., are scarcely less frightful than the disease.

CASE III.—MENORRHAGIA.

Miss —, aged 18, of a delicate constitution, and excitable temperament, has never been quite regular in her monthly periods, with a tendency to hemorrhage, often profuse, and sometimes long-continued. She had taken much water-cure treatment, and, with this exception, enjoyed almost perfect health. I was consulted, about the middle of March, in relation to an obstinate flooding, which was increased with any exercise and excitement, and which had produced much debility, prostration, and mental anxiety.

Commonly a few packs, to restore the equilibrium of the circulation, and the moderate use of the cold sitz bath, and vagina syringe, in such cases, are sufficient; but in this case, these ordinary means had failed, and more efficient ones were demanded. The lovely patient was losing strength daily, and becoming hopeless of recovery. Under these circumstances, I looked about for extraordinary means of relief. How useless seemed all the medicines and appliances of Allopathy! Could I bleed, when the life-blood of the patient was wasting away hour by hour? Could I rely upon styptics or mechanical obstructions? For the want of a more radical method, I might have resorted to these; but the resources of Water-Cure prevented any such necessity.

The young lady, I found, was of very active habits. She walked much, and rapidly. She was accustomed to gymnastic exercises, and would run very quickly up and down several flights of stairs. All this had greatly assisted her general development; but such violent efforts increased her local difficulty, a determination of the blood to the pelvis being kept up by the action of the *psaos magnus*, *iliacus internus*, and other powerful muscles of this region. I therefore prescribed absolute quiet, especially of this part of the body. I gave her a very simple, unexciting, and spare, though nutritious diet. I ordered her to be packed in the wet sheet once a day, to restore the equilibrium of the circulation, a sitz bath of about 56° five or six times a day, and the use of the large vagina syringe, as often as every hour, with water cooled to the freezing point, and occasional enemas of cold water, but of a higher temperature. A few days of this thorough treatment met the case, and an alternation of the wet sheet, with the douche, completed the cure. In two weeks the difficulty had entirely ceased, and the patient recovered her strength rapidly, and gradually resumed her accustomed exercises.

As women are more subject to disease than men, and suffer deplorably from such as are peculiar to

their sex, the Water-Cure, which seems to be the only cure for these affections, is their especial blessing. There are thousands, resigned to protracted and intense sufferings, and given up hopelessly to die, who might be relieved by the Water-Cure, if they could emancipate themselves from their own prejudices, and the terrible thralldom of the "family physician." I speak advisedly. I would not indulge in any unnecessary severity, but I have reason to know that at this moment the fear of offending the "regular medical adviser" is the only obstacle to the recovery of health in a great number of cases. There are physicians who have the candor to admit the peculiar adaptation of the Water-Cure to this class of diseases, and who advise their patients to try it; but doctors so intelligent and disinterested are few and far between. Far the greater portion denounce the treatment, and frighten weak and nervous patients with stories of its danger; so that it is only the fortunate few, the brave, and the adventurous, who are reaping its benefits. Happily, the light is becoming so intense, that none will much longer shut their eyes to it.

I have made but little progress in my cases, but I prefer to record them fully, and to give the bearings of every case. As it chanced, the three I have given relate to three important classes of disease, in which the Water-Cure achieves signal triumphs; but as I go on, it will be seen that cases of a very different nature are not the less benefited by a system which, being founded in nature, is adapted to every want of the human constitution, in all its conditions, and in every stage of its development.

New York, 87 West Twenty-second Street.

APPLICABILITY OF THE WATER-CURE IN ACUTE DISEASES.

BY E. A. KITTREDGE, M.D.

THE more we practice the Water-Cure in acute diseases, the more we become enamored of its applicability, and the more apparent becomes the cause of our allopathic brethren's reluctance to enter into the Hydropathic reform.

The fact is, we can scarcely get an opportunity to visit a patient in any of the common diseases incidental to childhood more than two or three times, as a general thing, before the danger will be over, and the patients' friends perfectly competent to manage them, not only the few remaining days of convalescence, but through the whole course of the next attack. As brother Nichols well remarked in your last number: "A patient cured is a patient lost;" for they generally stay cured, and if not so fortunate as to live in obedience to the laws of hydropathy, they are "taken down" again: the mother and friends know just how to manage them this time, from the beginning. Now this being the case, it is very easy to see why the "faculty" do not more readily em-

brace the Water-Cure doctrine. They know very well that even a very large practice would soon "run out," if they should stop drugging!

Now they have only to give one dose of "medicine" to ensure at least the necessity of a dozen more, and often the simple obstruction, which the recuperative power, if "let alone serenely," or gently and properly managed, would have passed off with a day's uneasiness, is forced to result in a long "fit of sickness," and the friends are very anxious to have the doctor call often and "see how the medicine operates." Aye, the doctor himself, if he knows the nature of the terrible tools he's at work with, will be quite as anxious to see them safe out of the system again. One half of them, probably, don't know or realize what potent poisoning they are about—the incredible amount of chronic disease they are entailing upon their patients, the loss of tone, the loss of limbs, the loss of life. Those who do know, it seems to me, must have very elastic consciences.

Only think of a man's taking arsenic till he's blue, for a humor caused by living in false conditions, while he is allowed still to live on in the same way! Or, of a poor delicate female, made to take calomel into the system till every tooth in her head is loosened and forever after diseased—as well as the whole system, for the removal of an obstruction in the liver, caused by over-eating, and want of cleanliness!

And yet these things are done every day, and the "faculty" think we are unjust and severe upon them, when we caution the too credulous public to beware of these doings. But their days are numbered: with almost unprecedented rapidity the great doctrine of Hydropathy is spreading far and wide over all the length and breadth of the land, as the "regulars" begin to be aware; and many of them, who are ever ready to trim their sails to the popular breeze, are beginning gradually to come into the "new dispensation." One of these, in Cambridgeport, who was the loudest in his ridicule, when the doctrine was first promulgated there, has lately carried a patient through a "fit of sickness," without any medicine; not from choice, however, but because the parents of his patient knew cold water, and would not submit to any nonsense.

Many of the allopathic brethren, I am happy to say, are gradually becoming converts to the truth, as it is in Hydropathy, having had the malice and honesty to search the Scriptures written on the subject, and to prove to themselves, by actual experiment, "that these things are so."

As things are now going on, a very great change must be effected in the medical world: not more than one third of the number of physicians will be required in a few years more that is now, and apothecary shops, with their *ignis fatuus* "blue-lights," will be "like angels' visits, few and far between."

Even now so extensively does the idea prevail that drugs are injurious, the apothecary's business, hitherto so profitable, has become scarcely worth following—aye, one half of them in Boston, in our opinion,

would have to shut up shop, were it not for the sale of cigars, soda—"smashed" with brandy, it may be—fancy articles, &c.

"The applicability of water in acute diseases" is never more apparent than when medicines have been previously used. We were called the other day to visit a child in a neighboring town, whom the doctor of the village had been "puking" and dosing for the croup, and the more he "cured it" the more it didn't get any better. It was not croup, by the way, but a slight bronchitis, which, when I arrived, was in a "fair way" to be anything bad. A wet sheet put it "into a new world" immediately. Stopping the terrible spasms, and quieting it—as it always does—into a beautiful slumber, the next day it was—the treatment being kept up—almost entirely well.

Oh! that we could but make every mother in the land realize the immense superiority of the Water-Cure over all others, in the management of children especially.

What can there be so abhorrent to a sensitive mind, as the idea of forcing nauseous drugs and poisonous medicines down the reluctant throats of tender babes, and innocent little children? To think that our own hands must be made instrumental in undermining the constitutions of those precious ones, to save whom from unnecessary pain we would almost content ourselves to die. "But it is necessary to save their lives," the doctor says, and so down it must go! Stop, woman, wait before you make the "sacrifice," and see if God will not "send a goat out of the thicket;" if he don't, throw the poisonous powder into the fire, out of harm's way, and try what virtue there is in cold water. We tell you not to do this—God requires not that you should do this terrible, irremediable evil, that some uncertain good *may* come. No, no, 'tis contrary to all the requirements of his laws, abhorrent to his very nature. Surely, what so afflicts you, must be hateful to Him whose watchful care of the humble sparrow manifests his love—He who delights not even in the death of the wicked.

At any rate, ye fond but inconsiderate mothers, let me beg of you to ponder well, before you consent to poison the life-springs of the darling for whom you so severely have suffered, let me assure you *there is no need of it in any case*.

Many years has it been mine to minister unto the wants of diseased humanity, and during that time have been called upon to prescribe for almost all the different phases of disease, and in hundreds and hundreds of cases—and never, during all these years, have I seen a single case that would not yield far more readily to the Water-Cure, properly applied, than to any other system known to me, and I have been in active practice nearly twenty years.

We may have said all this before in the Journal; but no matter, a great many will read this number that never saw one before, and we feel that the testimony of one so long in practice, disinterestedly given, must have some effect, and that such will bear

repeating, as facts are what we want most. Our Allopathic brethren have plenty of beautiful theories and fancies, but their "facts" are anything but inviting.

We could have no better preaching for the Water-Cure, than an array of "medical facts" would "perform." Only let the world see in "solid column" the numbers who annually die of acute diseases, those whose strong constitution enables them to escape death in spite of the medicines, and their after-history, with all their aches and pains! A book of such facts would be invaluable to the rising generation, but an awful one to the faculty—Anne Royal's "Black Book" wouldn't be "a circumstance" compared with it; and "Six Months in a Convent" would be considered anything but "startling disclosures," in comparison.

Just let Government, when they take the next census, inquire into these things, will you?

We will obligate ourselves to give every man they find—who has ever been through the Allopathic "fire," usually poured into them when sick—who is now a well man, or ever has been since his "cure," five dollars—providing he has not been through the Water-Cure.

If they don't find most of them pretty well "rid-dled" by the blue-pill bullets, &c., "we'll lose our guess."

Just look at it for a moment, you uninitiated—a man's skin becomes stopped up by the dirt and dust of time, his liver engorged by over-eating, his brain oppressed with cankering care, he sends—in his insanity—for a drug-doctor. He, instead of making him fast, washing open the pores, and insisting upon his resting from his brain-work—tries to grant him "absolution," by a trumpety vicarious false atonement—by means of emetics, cathartics, and mercury, &c. &c.—the which, instead of removing the cause, only temporizes at best, and oftentimes fans into a flame what would otherwise have gone out of itself in a short time.

It will do, to please the ignorant and willful, to sell "indulgences," as certain priests do, but the victims will find, sooner or later, that the deeds of absolution will not be accepted by God, who alone has power to pardon; and even He cannot absolve the sinners, moral or physical, unless they stop sinning. "*In the day thou eatest thereof, thou shalt surely die.*"

The doctor's pretending to absolve a man from the effects of his transgressions of the law, and insure him exemption from all harm while he still sins on, merely by a few cabalistic characters written upon a slip of paper to carry to the apothecary, the which, "when taken, must be well shaken," is too absurd even for the most gullible to swallow.

It forcibly reminds one of the doings of a certain Professional—at least he wears black!—who took our Saviour upon the mountain, and offered him all the world if he would but serve him, when every body knows the "poor devil" didn't possess the power to give an acre of it.

This letter, we are aware, sets forth more the inapplicability of drugs, than the applicability of the water—but never mind, if you prove one you prove both. In order to have your new house on a good foundation, you must first remove the rubbish of the old one.

WATER IN MISOCARRIAGE.

BY CHARLES MUNDE, M.D.

GENTLEMEN:—In the last number of the Water-Cure Journal, I found in the "Gossip from Boston, by Noggs," a few words referring to me; they were: "Brother Mundie, too, (by the by, my real name is Munde, the i having crept into it by a whim of the compositor), has taken a 'stand,' and if he does half as much for America, as his article tells us he has done for Europe, he will be indeed an acquisition." Now I cannot promise to do half as much for America as I have done for Europe, having done pretty much there, and having no other "prime of age" to sacrifice; I am growing old, and, although richer in experience, cannot write any more so quick as I did sixteen years ago, especially in a foreign language, and have so many things to do and to think of, that it is hard for me to collect my mind for as good an article as the Water-Cure Journal always contains in large quantities. There is another difficulty: I observe, the more I advance in age, and the more I see and study, the more I become diffident in my own views, although I take every pains possible to keep far from the way of very old men, i. e. to *know everything, approve little, and do nothing.* And after all, the work that I assumed in Europe has been nearly done here by several zealous advocates of the water-cure; and thus, like an old warrior, I am reduced to talk rather of my campaigns than to fight with the rest of the champions for Hydropathy, or, as I would have it called more correctly, (if a Greek name must be the thing), *Hydro-therapeutics*. However, if honesty and good-will, combined with some experience, are worth anything, I hope to be as good as any, and shall certainly not be silent, if I want to speak, and have something to say which I consider as valuable to others. Not having the time now to enter into my promised series of articles, I shall state a case of water-cure in a miscarriage, which took place on the 4th of May.

My good wife, after all the sufferings which the German Revolution, and my own misfortunes, the parting with her friends, the cholera, the sea voyage, etc., had brought over her, was in her fifth month of pregnancy. Our stay in New York, in a boarding-house where no baths could be had, the foregoing sorrows, and the difference of the climate, had weakened her constitution, which began to be strengthened again by our recent residence in the country, and the use of sitz baths. In her zeal to render herself useful, she lifted several things too heavy for her, and immediately after felt the consequences. I was

called for, and found her fainting from pain and a heavy loss of blood. I brought her to bed, and put large cold compresses upon her abdomen and all the parts connected with the accident. These compresses were changed every five to ten minutes, and always came off quite hot. She felt some pain, such as precedes labor, which subsided after the bandages had been applied for some time. She slept little during the night, the pain increasing always when the compresses grew hot. Next morning she felt some burning pain at the lower end of the uterus, and in the upper end of the vagina, and after twenty-two hours from the beginning of the accident, the fetus, a boy, (whom I preserve in alcohol) went off. As she was greatly exhausted, I left the placenta for a couple of hours where it was, renewing from time to time the compresses, and then causing her to press upon the uterus, drew it out without any difficulty. Having removed all the blood, etc., from her, I sponged her over with cold water and moved her to another bed, where the compresses, now carefully wrung out, were renewed as often as they grew hot; and thus we continued for four days. She drank nothing but cold water, ate some dried fruit, stewed, some bread and other vegetables, and came down to dine with the patients of the Establishment the fifth day after the miscarriage. None of the fatal consequences common to such accidents occurred to her. Notwithstanding the cold compresses on the parts, there was no interruption of perspiration, or any other secretion; there was no constipation; there was no fever or inflammation; the breasts, although considerably swelled, showed not the least extraordinary sensibility; although greatly exhausted by the heavy loss of blood, she was up for seven to eight hours on the fifth day, just now took a sitz bath of 75° for ten minutes, on the sixth day, and resumed her self-imposed "duties as a housewife" the same day (yesterday), being up and doing from 8 A. M. to 8 1/2 P. M.

I would like to give further notice of the case directly, but I would be too late for the next number of the *Water-Cure Journal*, and therefore take the liberty of referring the reader, who takes interest in "Water-Cure in miscarriage," to one of the following numbers, when I will say a few words on and give a few instances of "Water-Cure in childbirth," a chapter which has been much spoken of already in this paper, by one of the principal American promulgators of Hydropathy.

Northampton, Mass., May 12th, 1850.

Mrs. JOHNSON, who resides in the lower part of Davies county, Ky., a year last Feb. gave birth to three fine sons, and a few days since, she gave birth to two other sons—making in all, *five in about eleven months!* A correspondent of the *Owensboro' American* proposes that a subscription should be collected for the benefit of the afflicted family!

REVIEWS.

BY R. T. TRALL, M.D.

THE SOURCES OF HEALTH AND THE PREVENTION OF DISEASE; or, MENTAL AND PHYSICAL HYGIENE.

Such is the lengthy title of a little book of 170 pages, by John A. Turbell, M.D., recently published by Otis Clapp, Boston. The author belongs to the homeopathic school. This work makes no pretensions to originality; but, as a compendium of the sayings and opinions of many medical and scientific men on the subjects of food, drink, air, exercise, bathing, clothing, sleep, occupation, drugs, and other kindred topics, it abounds with judicious observations and reflections. All writers, however, who pick up all their ideas from the current literature of the day without examination, must necessarily advance, or rather echo, more or less of the floating errors of the times. Thus, in treating of diet, Dr. Turbell very strangely tells us that fat meat, though comparatively indigestible, contains nearly four times the amount of nutriment that lean meat does! This blunder of the chemico-medical physiologists has been so often exploded that its re-assertion now, as a matter of fact, is somewhat surprising. He also reiterates the oft-refuted error, that animal food is more nutritious than vegetable. These I notice as glaring errors, I might say, in the light of modern science, glaring absurdities. The chapters on drink, air, and exercise, are excellent. Tea, coffee, tobacco, and alcohol, are condemned without qualification. Bathing, in a general sense, is highly commended, yet the author thinks the hydropathists who use so much have gone to the opposite extreme of the allopathists, who use virtually none. He would approve the hydropathic methods of bathing "as an occasional auxiliary to the internal action of medicines prepared according to the directions of Hahnemann." Against the allopathic employment of drugs the doctor is particularly severe, which all hydropaths will particularly like. On the whole, the book contains a much greater proportion of wheat to the chaff than we are accustomed to find in medical books, and this fact entitles it to our warm commendation, after excepting to what seems erroneous to our standard of orthodoxy, which is not Hippocrates, nor Hahnemann, nor Priessnitz, but Nature.

BRIEF REMARKS ON THE HYGIENE OF MASSACHUSETTS, but more particularly of the Cities of Boston and Lowell: being a Report to the American Medical Association; submitted, as Member for Massachusetts of the Committee on Public Hygiene, to their Annual Meeting in Boston, May, 1849. By JOSIAH CURTIS, M.D., of Lowell, Mass.

This is an exceedingly useful and interesting document. It should be read by all who practice the

Healing Art. The following extract will interest our readers:—

"During the last five years, nearly 80,000 births, 25,000 marriages, and 50,000 deaths, have been recorded. The record of deaths states the date, age, sex, disease, late residence and occupation. From such tables (a summary of which are appended to this Report), especially when they shall be nearer perfect under the late act, computations and comparisons of the highest value may be drawn with different localities in our own country, and other parts of the globe. The influences of climate, season, condition, placement, and occupation, upon human life, may be more or less clearly seen, as well as, also, topical influences upon particular diseases, and the proportional degree with which mortality presses upon different ages.

"In the sea-board counties of the State, even after excluding Suffolk county, which embraces the city of Boston, the rate of mortality among children, under five years of age, is four per cent. higher than in the western counties. In one of the interior counties (Franklin co.), in the valley of the Connecticut River, the average duration of life was thirty-eight years ten months and twenty-four days; while in the county of Middlesex, which includes the city of Lowell, it was only twenty-eight years two months and twenty-two days. A still greater difference obtains when we compare country districts with cities. In Franklin county, as before stated, the average age was nearly thirty-nine years, while in the city of Boston, it was a little less than 22.75 years, giving an addition of about 16.25 years, or over seventy per cent. in favor of the country district. Again, when we notice the condition of different classes, we find that, although the average age of all dying in Boston was only 22.75 years, the average age of those of them who were buried in the Catholic burying-grounds was but 13.5 years, or about one-third the average life in Franklin county.

"In 1846, twenty-eight per cent. of all the deaths in the State were from diseases of the organs of respiration. The mortality from this class of diseases advanced, in 1847 and 1848, to near thirty per cent. Last year, of the 11,203 deaths recorded, 9554 were from specified causes; of these, 2937 were from lung diseases, most of which were consumption; 1202, or twelve per cent., were from typhus,* and 1074, or 10.8 per cent., from dysentery; making 52.3 per cent., or more than half of the total mortality of the State, from these three causes alone. This shows that death has of late visited our people through consumption, typhus, and dysentery, much more frequently than through any other agents. The mortuary tables show that that most fruitful source of death—consumption—is most influenced by age, very little by season; while the congeners typhus and dysentery are affected both by age and season."

* Typhus also embraces "typhoid fever."

AN INTRODUCTION TO THE WATER-CURE. A Concise Exposition of the Human Constitution; the Conditions of Health; the Nature and Causes of Disease; the Leading Systems of Medicine; and the Principles, Practice, Adaptations, and Results of Hydropathy or the Water-Cure; Showing it to be a Scientific and Comprehensive System for the Preservation and Restoration of Health; Founded in Nature, and Adapted to the Wants of Man. By THOMAS L. NICHOLS, M.D. New York: Fowlers and Wells, publishers: price twelve and a half cents, available.

All who have read the able articles written by Dr. Nichols, which have appeared in the WATER-CURE JOURNAL, will be deeply interested, and very much instructed, by reading this new INTRODUCTION TO THE WATER-CURE.

The size and price of this book are no criterion by which to judge of its value—for it contains matter enough, (had it not been "got up" in the most economical manner,) to have made a half dollar book. It is therefore expected, that its extreme cheapness will be the means of INTRODUCING THOUSANDS TO THE WATER-CURE.

VEGETABLE DIET, AS SANCTIONED BY MEDICAL MEN AND BY EXPERIENCE IN ALL AGES. By WILLIAM A. ALCOCK; to which is added a System of Vegetable Cookery. A new and revised Edition: New York. Fowlers & Wells. Price 50 cents.

The origin and history of this work are as curious as its contents. The author, it would seem, had been led, very early in life, to the subject of diet and regimen, in its bearing not only upon his own health as a consumptive individual, but also in its general bearing upon the well-being of mankind. He had been familiar—he must have been—with the story of Lewis Cornaro, Ephraim Pratt, and Thomas Parr, as well as with the history of the Essenes, Pythagoreans, Persians, and Spartans. Dr. Coffin, of Boston, moreover, and Drs. Bell and Condie, of Philadelphia, in their respective periodicals—the Boston Medical Intelligencer, and Journal of Health—had aroused the public mind and prepared it for other, if not for more remarkable developments.

It is no uncommon thing, under such circumstances, for different individuals, unknown to each other, to come to similar conclusions. Thus, in the year 1830, several persons, strangers to each other, but all of them familiar with the contents of the Philadelphia Journal of Health, were found in the practice and advocacy of a well-selected vegetable diet in preference to one containing either flesh or fish. These were Dr. Wm. A. Alcott, and Rev. Wm. C. Woodbridge, of Conn., and Mr. Sylvester Graham, a temperance lecturer of the Middle States.

In Jan., 1832, Dr. Alcott had collected, as he quaintly says, "quite a large parcel" of facts on

physiology, pathology, and dietetics, sorely waited for an opportunity to make a wise use of them. Such an opportunity—in part at least—was offered in the same year, by the appearance of cholera; a few cases of which occurred at Boston. Some of these facts were embodied in a pamphlet, entitled *Rational View of the Spasmodic Cholera*.

In 1833, the Boylston Medical Committee, of Harvard University, offered a prize to the author of the best dissertation on the question, What is the best diet for the New England laborer? Dr. A., it seems, though not disposed to enter the lists for the prize, was yet excited thereby to farther investigation.

In 1834, he accidentally learned that Dr. Milo L. North, of Hartford, Conn., was pursuing a course of inquiry, not unlike his own; although it does not appear that Dr. N. was himself a vegetable eater. He had heard that certain individuals, by a pertinacious adherence to such a diet, contrary to previous early habits, had been destroyed by it, and he wished to know the truth in the case. Accordingly he published, in Jan. 1835, in various medical journals, in the form of a circular, a list of questions, to which he earnestly solicited from medical men, and others, such facts as might be in their possession, and were calculated to throw light on the subject.

The questions submitted by Dr. N. did not, however, go so far as to involve the great point now (in 1850) fairly at issue, viz., whether a well-selected diet, exclusively vegetable, is best adapted to the whole human race, and best calculated to develop all their powers, physical, intellectual, and moral. He only wished to know what had been the immediate results—favorable or unfavorable—to the individual, from abstinence, for a year or more, from all flesh and fish.

Dr. N., in his circular, had encouraged the public to hope that the results of his inquiries would be published. Late in the year 1836, however, he gives notice in the Boston Medical and Surgical Journal, that in consequence of his ill health, he has not been able to fulfill his promise, and that it is doubtful whether he shall ever be able to do so; and that “in this exigency” he has solicited Dr. W. A. Alcott, of Boston, to receive the papers, and publish them.

Whether any other motives had weight with Dr. N. is of course best known to himself. He was not obliged to tell the whole truth in the case. Being a high-minded man, he could never conceal anything relevant to the question fairly before him, and which he was bound to develop. But he plainly saw the whole bearing of his papers—contrary, doubtless, from what he expected, at least if fairly presented. His medical practice was enough, and more than enough, for a feeble frame, without the trouble of making a book, especially one that was opposed to the public prejudices. But Dr. A. is already, in some measure, committed to the public as a friend of the reformed diet, both in his “*Spasmodic Cholera*,” and his “*Teacher on the Human Constitution*”—a periodical which he has now sustained about two

years. He is also well known to have countenanced Mr. Graham, above mentioned, who, about the end of the year 1835, or beginning of 1836, had made a visit, as a public lecturer, to Boston. Dr. A., after the lapse of some time—we believe about two years—undertakes the work of publication. Not, however, till he has procured, at much pains and expense, a large collection of additional facts.

In prosecuting his purpose, Vegetarianism, as our transatlantic brethren call it, is put upon trial. The witnesses come forward, one by one, and testify what they know—apparently in all good faith and honesty. Scores of living individuals are among them. The history of all nations is also invoked. In fine, a hundred or more of competent persons are called up. Whole masses of mankind—even schools, associations, and sects—give in their highly-interesting testimony. The witnesses having retired, Dr. A. gives to the jury—“the sovereign people”—his charge; and leaves to them the final verdict.

Thus far, to drop the figure, the work is little more than a faithful record and analysis of facts collected, in part, by Dr. North, and in part by Dr. Alcott, with the notes and comments of the latter. Dr. North sustains the position of originator—we might almost say, author—of the work; Dr. A. that of compiler or editor. And when we say this, we mean not to diminish aught from the well-earned reputation of the author—the hard-working author—of a hundred volumes or more, (though he could well afford to sustain a small loss, and yet be in this respect enviable,) but only to place the matter in its proper light, and give honor to whom honor is due.

Another part of the work, however, must be adverted to. Under the head of “*Vegetable Diet Defended*,” we find near 50 pages of what might be regarded as Dr. A.’s own reasoning. His thoughts are arranged under nine heads—almost as many as the heads of some of the eccentric Lorenzo Dow’s sermons. However, he makes the matter plain and clear by this means, and that is what is wanted. His plan includes the ANATOMICAL, the PHYSIOLOGICAL, the MEDICAL, the POLITICAL, the ECONOMICAL, the EXPERIMENTAL, the MILLENNIAL, the MORAL and the BIBLE arguments.

Those who examine the work from beginning to end, will be favorably impressed, we think, with the great candor and fairness of the distinguished author whose name it bears; and still more with the preponderance of the evidence in favor of a diet exclusively vegetable—at least to those who have the happiness of being trained to it—or of being transformed from cannibalism to Christianity very gradually. For we see not how an honest searcher after truth, as he rises from the perusal of the work before us, can resist the conviction that man is by nature, and should be by art, a farinaceous and frugivorous animal; and that neither the individual nor the race will reach its acme till this superior diet shall have been fairly tested by successive generations.

Had Dr. A. been specially desirous of "making out a case," he might, we think, have made a little more of what he calls the Bible argument. On the whole, however, we are glad he did not. There is nothing in the Bible which is manifestly against Vegetarianism; and, on its own principle, He that is not *against* us, is for us.

Dr. A. might also have added an important fact; and we are constrained to wonder at the omission. It is doubtless known to many of our readers that the great diet question is fairly up in England; that two monthly periodicals—the *Vegetarian Advocate* and *Vegetarian Messenger*—are issued in London; and that a Society of Vegetarians, in Manchester, already numbers nearly 500 members. It should also be known that under their patronage, or at least their encouragement, several new and important works have been published; and that they have republished, in a cheap form, *Graham's Science of Human Life*.

We would not give too much prominence to this branch of reform; and yet it seems hardly possible to do so. In advocating the claims of a well-selected vegetable diet, we find arrayed against us the prejudices and clamors of the vast majority, in Britain and America; though they are doubtless unconscious that their clamors and even their testimony on such a subject are only negative. There is no deeper slavery than the slavery of mankind to their appetites and lusts; and we are much mistaken if the general use of flesh and fish, with their accompaniments and provocatives, has not greatly tended to rivet the chains of this kind of slavery. We rejoice, therefore, at the timely appearance of a new and revised edition of Dr. A.'s book; and hope and believe it will be read by thousands who might otherwise never read the more elaborate, and perhaps more scientific, work of Mr. Graham. Indeed, it should have a place in every family and school library.

Among the items peculiar to the new and revised edition of this work, is an appendix containing an outline of a new system of vegetable diet, and an improved system of cookery. It is interesting, and may furnish an answer to many who cry out, What shall we have left us to eat, if we may not eat flesh and fish? It is not full enough, however, to satisfy all. Perhaps the learned author will amplify a little, in a future edition; or else prepare, ere long, a more extended work.

MEDICAL CONVENTION.—A body of some three hundred old school physicians are in session at Cincinnati. The opening address was delivered by Dr. Warren, of Boston, who glanced briefly at medical reform during the last half century, and noticed the falling off of confidence among the profession generally in the use of the lancet and of calomel in all diseases. He spoke of cold water as a good remedial agent judiciously applied.

MISCELLANY.

A CONSERVATIVE'S ADVICE.—Dr. N. Williams, of Phoenix, Massachusetts, claims a right to write long columns of prosy nonsense for this Journal, calling us therein, by implication, all manner of hard names, simply because he subscribes for the paper and pays for it. Our subscribers do not exactly own us, and if Dr. W. or Dr. Any Body Else buys our Journal he gets his money's worth, and there we are exactly quits. Dr. W. occupies about one page in telling us what he does not believe, which is so essentially negative, that we care nothing at all about it. About as much more space is devoted to a positive statement of his own individual opinion, that the drug-system is a pretty good system after all, though he admits a little more water might improve it somewhat; then he winds up by telling us a compromise is to be made between hydropathy and allopathy.

Now, Dr. Williams, we rather guess not. If you have any reasons to present, arguments to advance, or facts to set forth, we will respectfully entertain and reply to them. But what you think or don't think, believe or don't believe, is no manner of concern to us. **THE WATER-CURE JOURNAL THINKS FOR ITSELF.**

THE WATER-CURE IN MAINE.—The Water-Cure establishment at Waterford, Maine, (of which we have heretofore given some account), entered upon the fourth year of its existence on the 1st of May. The proprietor of the establishment, Mr. C. FARRAR, still continues to labor with unabated enthusiasm in behalf of a mode of treatment to which he publicly avows his indebtedness on all fitting occasions, as the means of his own preservation from a premature grave. The medical charge of the Institution is now in the hands of Dr. CARL LORENZ, formerly of Germany,—a gentleman possessed of superior classical and medical attainments, and a graduate of Büdingen, near Frankfort-on-the-Maine, as well as of the University of Giessen, Hesse-Darmstadt. Dr. LORENZ practiced for several years as government-surgeon in Germany, before coming to America. He first became acquainted with the principles of Hydropathy while pursuing his medical studies at Giessen; and, wholly undaunted by the sneers of the professors at the wonderful cures effected by PRESSNITZ, which fame at that time was proclaiming abroad, both far and wide, devoted himself to a thorough study of the virtues of water as a remedial agent. To this study he was likewise prompted by his having observed his brother, a government-physician of eminence in Germany, frequently employ WATER as a remedy after some surgical operations, bleedings, burns, etc. Dr. CARL LORENZ has been long enough in America to become warmly attached to our institutions and a citizen of our republic. He took out papers of naturalization in the State of Connecticut, where he has practiced several years as

a hydropathic physician. We have seen several testimonials to Dr. LORENZ's medical skill, of which any physician might be proud,—some of them voluntarily tendered by patients whom he had treated with success, but who had been declared incurable before seeking refuge in Hydropathy. We have no hesitation, therefore, in warmly recommending our water-cure friends at the Eastward to sustain liberally this enterprise of Mr. FARRAR's, who, we now understand, is resolved to keep his establishment open the whole year round. The village of Waterford is one of the most charming in New England, and is fast becoming celebrated for its lake and its beautiful scenery. It is readily accessible from Boston by railroad and steamboat as far as Portland, and thence by steamboat or railroad, and stage.

R. S. H.

P.S.—Dr. LORENZ has furnished a case for publication in this number which will be found elsewhere.

Since the above was sent us, we have seen with great pleasure several favorable notices of Mr. FARRAR's new enterprise in the Portland journals: the Christian Mirror, the Transcript, the Advertiser, and Eastern Argus. We cut the following notice from the Portland Advertiser:

"WATERFORD WATER-CURE ESTABLISHMENT.—It will be seen, by reference to our advertising columns, that Mr. Farrar is about to reopen this establishment under auspices which promise success. We have been acquainted with Mr. Farrar from boyhood. He has lost several near and dear relatives in the prime of life, and his own health was at one time considered in a very precarious if not desperate state. He attributes his entire cure to the cold water system. This led him to start and persevere in sustaining an establishment of the kind at Waterford, which we have no doubt has been the means of doing much good. The application of cold water has of late years become quite common in many cases in which it was formerly studiously avoided. Tender mothers do not hesitate now to bind a cloth, saturated with cold water, on the throats and chests of their children in cases of croup, symptoms of scarlet fever, &c. &c., and in numerous instances with complete success. In the hands of a scientific physician (and scientific physicians we believe now very generally approve of the system to a greater or less extent) we have no doubt it is a most effectual system of removing disease—and some diseases which can hardly be reached in any other way. But the conveniences for a full and thorough application of it are not usually at hand, except at a regular establishment.

"Waterford is a beautiful summer retreat, for health and pleasure. High mountains and deep lakes, rugged hills and smooth plains, are so interspersed as to present the most pleasing varieties of rural scenery."

A correspondent of the Eastern Argus speaks of Waterford as "a gem among the mountains. On the south is a small lake, some two miles in length; on the northwest and northeast, hills several hundred feet in height rise more or less abruptly, from whose tops the eye rests upon a great variety of beautiful scenery—lakes, deep ravines, high hills, and mountains. A sunrise view, such as I have several times enjoyed, is perfectly enchanting."

WOMEN'S DRESSES.—In your February number of the Water-Cure Journal, the writer on women's dresses wishes some plan suggested to correct those "abuses." I have adopted this season an under garment made of delaine, lined with calico one thickness, wadded and quilted, four breadths wide at the bottom, two at the waist, full a little on the back, with waist and sleeves of the same. This, for ease and comfort, is superior to anything of the kind I ever wore. I therefore bid adieu to the old-fashioned full skirts, which I think (if they do not cause) very much aggravate the nervous diseases to which women are subject. For a dress I would suggest the following: skirt (calico width) four breadths wide at the bottom, three at the waist, full into a yoke about the neck, tied about the waist with a sash. With the present style of fashion I find no fault: I can see no impropriety in our having our skirts fall just below our knees, with pants. Every lady knows the inconvenience of long skirts in walking, or ascending and descending a flight of stairs, or getting in and out of a carriage.

Much more might be said, but I give way for others to throw in their mite, believing as I do that the WOMEN OF NEW ENGLAND are capable of getting up a style of dress that will be easy, convenient, and graceful. All we have to do is to set ourselves about the work. And it is high time we were "up and doing." I would recommend that those of us who believe that the present style of dress is detrimental to health, should revolutionize immediately.

A READER OF THE WATER-CURE JOURNAL.

THUS OUR WOMEN seem determined to agitate this matter, until a style of dress shall be adopted which will not interfere with a free exercise of their whole bodies. We repeat, all those who are interested in this subject, we cheerfully invite to communicate their views to the world through the WATER-CURE JOURNAL.

WATER-CURE PRACTICE IN DISGUISE, "by a Regular," and how the patient became a convert to the Water-Cure.

A friend having occasion to consult a physician in a case, wherein all medicines had failed to produce any good effect, which was "growing no better very fast," became quite discouraged. Finally, this "Regular" advised the application of "wet cloths," which produced a decided and beneficial effect.

From this time forward, the patient used water freely, and got well. This induced her neighbors to try the same means for other complaints, and the result has been most favorable.

We now have, in this same neighborhood, upward of SEVENTY SUBSCRIBERS TO THE WATER-CURE JOURNAL, which, of course, renders the services of this "ALLOPATHIC DOCTOR" no longer necessary.

RAGE robs a man of his reason, and makes him a laughing-stock.

Gossip from Boston, by Nogs.—Dear "Gossips:"—We again congratulate you on the appearance of your May number. The Journal is now, it must be, all that the hungry reader can crave, and we do hope you will get rewarded for the great expense you must be at, although the satisfaction of knowing that you are doing more than any others for the pulling down of the strong-holds of superstitious error in medical practice, must be in itself a great reward.

Brother Lorenz passed through town, en route for Waterford, a few days since, where he goes to take charge of one of the most beautifully circumstanced Hydropathic Institutions in the country.

We were much pleased with the Doctor; he is every inch a gentleman, and possesses the somewhat rare merit of being modest as well as skillful. With his skill, urbanity, &c., and the great advantages Waterford possesses for the purpose, we think they must and will succeed.

Brother Rogers, too, has lately taken up his abode in the neighboring city of Worcester, and we feel confident that it will be to the mutual benefit of all concerned. Modesty commends itself everywhere, especially when combined with merit.

How I should know this will puzzle some of you!—but never mind, suffice it that I do know.

The water is rising herabouts every day, and the Allopaths are looking sharply about them for a plank to swim into popular favor on.

Some of them, we "guess," will find themselves "high and dry" before long, if they don't "jump quick."

Quite a joke happened to one of the "poisoners" the other day. He ordered some very powerful medicine for a sick boy, and the father not liking the appearance of it, forced it down the cat's throat, and when the doctor called again and inquired if the powder had cured the boy, the father replied no, we didn't give it to him: "Good heavens!" said the doctor, "is the child living?" "Yes, but the old cat isn't! we gave it to her!" The doctor sloped.

One of the faculty has been in a terrible pucker lately, because the Transcript here published a piece in favor of Hydropathy, but the editor told him he flattered himself he knew what would please nineteen-twentieths of his readers!

"No SMOKING ALLOWED IN THIS OFFICE."—We look upon these "signs," beautifully painted, and nailed up in "all respectable offices" throughout the country, as an indication of the growing "unpopularity" of the use of tobacco, by our poor depraved fellow-humans. OUR CHURCHES, too, are "considering" which is the better way for them, to purchase new spittoons, or to require their members to do their spitting "out doors;" and a CLERGYMAN who uses tobacco is regarded "impure," and therefore disqualified to perform the functions

of a spiritual adviser, instructor, or director. The man, woman, or child, who observes this filthiness in a professed Christian, at once doubts their integrity, and assumed high qualification to advise them.

Resolutions have been passed in some of our Reform Churches, prohibiting their clergy from chewing, smoking, or snuffing tobacco. Who ever knew a "regular loafer" but what used tobacco?

INSECTS AS REMEDIES.—Insects once occupied a place as important as herbs in the list of sovereign remedies. To take a wood-louse or millepede, perhaps alive, and conveniently self-rolled for the occasion, was as common as to take a vegetable pill. Five Gnats were administered with as much confidence as three grains of calomel. In an alarming fit of colic, no visitor with a drachm of peppermint could have been more cordially welcomed or swallowed than a lady-bug. Fly-water was eye-water, and even that water-shunning monster, hydrophobia, was urged to lap *aqua pura* by the administration of a dry cock-chafer. Like other dogs and drugs, these have all had their day in the world of medicine, but have left behind them that salutary biter, the Cantharides or Spanish flies of Europe, and the Meloe Chicorei, used by the natives of the Celestial Empire for the same purpose of draining off terrestrial humors.

CAUSE OF SCURVY.—It has been ascertained that the true source of scorbutic disease, as it shows itself in our ships and prisons, is the want of potash in the blood; that salted meat contains little more than half the potash in fresh meats; and that, while an ounce of rice contains only five grains of potash, an ounce of potato contains 1875 grains, which accounts for the great increase of the disease since the scarcity of the potato. In patients under this disease, the blood is found to be deficient in potash; and it has been ascertained by repeated experiments that whatever be the diet, such patients speedily recover if a few grains (from twelve to twenty) of some salt of potash be given daily. Lime-juice is regularly ordered in the navy, as a specific for the disease, and the reason of its efficacy is not the acid, but the amount of potash, being 846 grains in an ounce.—*Exchange Paper*.

The real cause of scurvy is stale salted food, too large a proportion of animal food, with foul air. The natural remedies, therefore, are self-evident. It is no wonder that fresh food, and almost all vegetable fruits and juices, prove remedial. But this specific theory of the salts of potash is all nonsense; and the absurdity of the above statement is apparent enough when we recollect that an ounce is

made up of 480 grains, whereas we are told an ounce of lime-juice contains 846 grains of potash!

WATER-CURE IN WORCESTER AND WATERFORD.—In our last number we stated that Dr. ROGERS had taken charge of the Institution at WATERFORD, MAINE. We were misinformed, and made the statement without his knowledge. Propositions were made to Dr. R., but after duly considering the matter, he decided it would be better for him to settle in the lively city of WORCESTER, MASS. He will, no doubt, meet with success there.

Dr. FARRAR's Institution at WATERFORD is under the medical charge of Dr. C. LORENZ, formerly of this city. Dr. L. is very favorably mentioned by those who best know his worth; and WATERFORD, with its superior natural advantages, we presume, will be thronged by the lovers of health.

WATER-CURE ESTABLISHMENTS.—We must be pardoned for a little excessive exultation in the RAPID advancement of the Water-Cure, and the equally rapid uprooting of the old-fashioned, regular drug system of "curing folks." (!)

Besides the list of Hydropathic Establishments mentioned in our APRIL and MAY numbers, we have the pleasure of noticing the following:—

IN PHILADELPHIA, Dr. WEDER has a House, No. 3 Marshall-street, fitted up for hydropathic purposes, and we are informed that it is liberally patronized by the "knowing ones" of the Quaker City.

IN BOSTON, Dr. KITTREDGE is always at home, No. 24 Franklin-street, except when lecturing to "large and intelligent audiences" in all the towns and villages in the vicinity of the ATHENS OF AMERICA.

IN CLEVELAND, OHIO, Dr. SEELYE has the best House in the "Buck-eye State," where the natives may resort, with the assurance of being properly "cared for," let their "ills" be what they may.

IN CONCORD, N. H., Dr. HAYNES has just opened a new W.-C. Establishment. We believe it is the first, and, as yet, the only one in the "Granite State." Of course, it will "take the wind out of the sails" of all the "Regulars" in that region.

IN RICHFORD, N. Y., Dr. STRADMAN says:—"Life, Health, and Happiness may be secured by the use of Pure Water, Pure Air, Healthful Food, Appropriate Exercise, and Rational Amusement, at the BETHESDA WATER-CURE."

IN WILLOW GROVE, PA., Dr. SCHIEFERDECKER has just such a retreat as our German friends will be glad to pass a season, to reinvigorate their bodies. Dr. S. was one of the first Water-Cure practitioners in this country.

IN CUBA, N. Y., Dr. HAYES will administer the "liquid element" in every variety of disease. His place bears a pleasant name, which, in itself, will attract visitors.

IN PHILLIPSBURG, PA., Dr. ACKER has erected a house, which will accommodate our hydropathic friends in Beaver co. and vicinity. This place is accessible by the Ohio River.

BESIDES the above, we have many others yet to be enrolled in our brief notices.

A BIT OF TRUE PHILOSOPHY IN PURCHASING DOUBTFUL TEA.—How beautiful is the saying, that "we should always hope for the best, and be prepared for the worst!" For our own part, we never enter a grocer's to get our weekly ounce and a half of seven shilling mixed tea, without being animated by the advice of the moralist, who tells us to "hope for the best, and be prepared for the worst." —Punch.

If our tea-drinkers knew how much money they pay for leaves, gathered and dried from currant bushes, and sold for "Pure Genuine Tea," they would reduce the quantity, at their very next settlement with the grocery.

FACTS FOR THE CONSUMPTIVE.—In 1839, writes a correspondent, I measured 42 inches round the chest—was in the habit of exercising on land and sea—1848, after 6 years' residence in the West Indies, taking a fair amount of exercise with the arms, such as spading, lading sugar in boiling-houses, etc., but going mostly always on horseback, I found I only measured 38—now, after one year's residence in my natural climate, and swinging the axe now and again, I measure 41 inches, and I hope to come up to 43. The amount of flesh seemed the same at all times, but of a softer nature.

"A TEMPEST IN A TEA-POT."—An Allopathic Doctor says, "Such a set of quacks, as these Hydropathists, never before lived. They impose on the public, destroy all confidence in our well-established remedies, (!) and unless we admit a *belief* in the WATER-CURE, they refuse our prescriptions altogether. The laws ought to prevent these Hydropaths from deceiving the public." (Exit Cod-liver Oil.)

THE VEGETARIAN CONVENTION, recently held in Clinton Hall, New York, will be noticed at length in a future number.

OUR JULY NUMBER will be sent to all persons whose subscriptions expire with this number, yet the Journal will only be continued to such when they re-subscribe.

Our terms being payable in advance, it will be well for all who intend to renew their subscriptions, to do so as soon as may be convenient, after the reception of this number.

"MEDICAL MEN MUST examine into the WATER-TREATMENT, and draw from its list of means

remedies against some diseases at least."—*Dr. Forbes, Editor of the British and Foreign Medical Review.*

WANTED.—In NEWARK, OHIO, there is a call for a hydropathic physician. Our friend Wm. Richards, Editor of the "Gazette," will give all necessary information to any one, well qualified to practice, who may be inclined to locate there.

We have applications from hundreds of other places, all over the land, of the same purport, yet the supply is in no degree equal to the demand. Will not our young medical students take the hint, and turn their attention to the study of the Water-Cure?

It is not expected that very many of the old Allopathic doctors will "turn from the error of their ways," and avail themselves of the improvements which are daily, *yes, HOURLY!* being introduced by the more intelligent portion of the medical profession.

We do not hesitate one moment to assure our Allopathic friends, of the "regular" "old-school order," that, unless they *do* change their mode of practice, it will not be a great while before they will find themselves altogether "BEHIND THE LIGHT-HOUSE."

DEFINITION OF MEDICAL TERMS, according to WEBSTER'S DICTIONARY:—

HY-DRO-P-A-THY.—The Water-Cure, a mode of treating diseases by the copious and frequent use of pure water, both internally and externally.

HO-ME-O-P-A-THY.—The doctrine or theory of curing diseases with very minute doses of medicine, by producing in the patient affections similar to those of the disease.

AL-LO-P-A-THY.—That method of medical practice in which "there is an attempt" to cure disease by the production of a condition of the system either different from, opposite to, or incompatible with, the condition essential to the disease to be cured: the ordinary mode of medical practice in opposition to *Homœopathy*.

OR-THO-P-A-THY.—The application of the natural laws of the living organism to the preservation of health, and cure of disease.

NOTICES.

POST-OFFICE STAMPS.—Some of our friends complain that they cannot obtain these stamps at their Post-offices, the Postmaster not being supplied. As we have before intimated, this need not be so. It is the privilege of all Postmasters to keep them on sale for the accommodation of "the people." All they have to do in order to secure a supply, is to order them from the Postmaster General at Washington, D. C. For a year or two we have advertised to receive Post-office Stamps in payment for books, journals, &c., in place of

small coins, and have used them the same as cash. We can, therefore, furnish these stamps to all who may not be able to obtain them "at home." They may be had in any quantity, in any amount, from five cents to a dollar, or upward.

A NEW PREMIUM.

For the encouragement of those "choice spirits and co-workers" who devote their spare time to the furtherance of the WATER-CURE, by obtaining new subscribers for this Journal, the publishers very generously make the following liberal offer.

EVERY PERSON who obtains a club of FIFTY SUBSCRIBERS for the tenth volume of the Water-Cure Journal, and sends us \$25, will be furnished with fifty copies of this Journal for one year, and two copies of EACH of the FOLLOWING named works, amounting to NINE DOLLARS and TWENTY-FIVE CENTS.

WATER-CURE JOURNAL, One year, . . .	\$1 00
WATER-CURE MANUAL, . . .	50
HYDROPATHY FOR THE PEOPLE, . . .	50
WATER-CURE IN EVERY KNOWN DISEASE, . . .	50
CONSUMPTION, ITS PREVENTION AND CURE, . . .	50
WATER AND VEGETABLE DIET IN SCROFULA, . . .	60
EXPERIENCE IN WATER-CURE, . . .	25
ERRORS OF PHYSICIANS AND OTHERS IN W.-CURE, . . .	25
WATER-CURE FOR WOMEN IN PREGNANCY, . . .	25
CURIOSITIES OF WATER, A MEDICAL WORK, . . .	25
INTRODUCTION TO THE WATER-CURE, . . .	12½

\$4 62 1-2

Add a duplicate set, \$4 62 1-2

\$9 25

To those who obtain twenty-five subscribers, and send us \$12 50, twenty-five copies of the Journal, and one copy of each work, will be sent.

To those who feel interested in the promulgation of Hydropathy, the time necessary to obtain a club of subscribers would hardly be felt, while he would not only be enriching himself, but conferring a boon on his neighbor, which would be so highly prized, as never to be forgotten. In view of all these things, we ask, who will accept this premium?

GOOD ADVICE.—Our excellent friend, Oliver Johnson, editor of the Bugle, says of the WATER-CURE JOURNAL:—"This publication is certainly conducted with great tact and spirit, and explaining as it does in the clearest manner the principles and practice of the water treatment, it is worthy of the large circulation it has obtained. If you wish to obtain a knowledge of the proper means of preserving health, or of removing sickness, throw your pill-box into the fire at once, and subscribe for the Water-Cure Journal."

THE WATER-CURE JOURNAL has agreeably disappointed us. We were unprepared to meet the array of facts which are marshaled in support of Hydropathy, and equally, to find the subject treated with so much calm dignity and ability. Aside, however, from the peculiar doctrines advocated in this periodical, it is a storehouse of valuable matter of general interest, and is characterized by a masculine vigor in its discussions on moral subjects, which leads us to commend it as worthy of public patronage.—*Old Colony Memorial.*

THE WATER-CURE JOURNAL, filled with practical instruction for the preservation of health, and the treatment of diseases in the simplest, cheapest, and best of all modes. This Journal is emphatically the poor man's friend. We can appreciate the remark of the man who said "he was too poor to be without it." It costs but \$1 per year, and might easily save twenty or more to any family.—*Newark Gazette.*

THE WATER-CURE JOURNAL holds a high rank in the science of Health: always direct, straightforward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats. It is enriched with articles by a variety of able contributors.—*New York Daily Tribune.*

TO HYDROPATHIC PRACTITIONERS.—We wish to have it distinctly understood, that this Journal will be devoted to the interests of no party, but will represent the entire Hydropathic profession. Our pages will be open to all who may favor us with such communications as may be of general interest to all classes. Reports of important cases, and all other matters pertaining to health, will be thankfully received, and laid before our readers.

To keep the Journals whole and clean, it will be well for our subscribers, on the receipt of the numbers, to stitch them together, before cutting, and after reading, to place them in a suitable cover, made of thick, heavy paper, where they may be kept clean until the completion of the volume, when they should be well bound, and placed in a library, for future reference.

THE "Woonsocket Patriot" says: "We have never read a number of this Journal without being profitably instructed."

Thus are our labors appreciated by the "Press," and it shall be our aim to deserve the approbation and encouragement which the "People" have so liberally bestowed upon us.

WATER-CURE BOOKS, whether published in Europe or America, may be obtained through the publishers of the Water-Cure Journal. Payment in advance will always be necessary. About three weeks' time will usually be required to import publications by the steam ships from Europe.

SMALL COINS of not greater weight than a quarter of a dollar may be enclosed in a letter and sent by mail with perfect safety, in payment for books, &c., providing it be carefully enveloped and directed.

WE CAN STILL FURNISH ALL THE BACK NUMBERS of the Water Cure Journal, from Jan., the commencement of the present volume, to all new subscribers, and can also furnish a few complete sets from the beginning.

IN SPRINGFIELD, MASS., our publications may be had at the busy, yet well-arranged store of Mr. M. BESSEY, in the Massasoit House, near the railroad depot.

SAMPLE NUMBERS will be sent GRATIS, when desired, with which to obtain new subscribers. We hope our friends will order freely, and circulate them where they may do good.

TO CORRESPONDENTS.

WATER-CURE BLEEDING.—A water-doctor, in a distant part of the country, communicates to us a case of childbirth, in which he employed copious bleeding, rather to the injury of his patient, if we can understand his story. The woman had a little headache, and at one time became dizzy, complaining that she could not see. Alarmed, most unnecessarily, we think, at this, the doctor placed her in a sitz bath at 160°, and opened a vein in the arm in real allopathic, butchering style! This part of the practice and its effects are described in the following words: "The blood started, and in the same moment *she went off* in a violent fit of convulsions. I took about eighteen ounces of blood. Meanwhile the convulsions ceased, and I closed up the wound." The woman had two more convulsive fits, and had one more bleeding to the extent of sixteen ounces, terminated her labor with a still-born child, and lived through it all, thus affording another illustration that "humanity is tough," or the doctors would exterminate the race. We do not wish to comment on this case, only to pronounce our detestation of all these bleeding processes, and to inform all real or *pseudo* water-doctors, all half or whole-hearted hydropaths, that our Journal is not the medium for reporting allopathic treatment.

DIABETES.—A minister asks information respecting this disease. Members of the clerical profession are rather liable to it, in consequence of their sedentary habits, close rooms, and especially hot drinks. General bathing with a rigid diet is necessary. No drinks should be swallowed except cool or cold. Avoid everything which acts as a diuretic upon the kidneys. This prohibition, of course, excludes tea and coffee from the regimen. Close application to study is very injurious.

R. P. A., DANESVILLE, OHIO.—You say your wife has tried everything else except nature. Now let her try that. She wants the full dietary part of the water-cure system, that is, plain, simple, coarse food—cracked wheat especially—with a rubbing wet sheet and sitz bath, at least once a day. Daily packings and the wet, abdominal bandage, would be highly serviceable. Begin with tepid water, and gradually lower the temperature.

H., VIRGINIA.—The young man you speak of is certainly in a deplorable state; still we would not despair of a cure, if he were at a good establishment. The principal point for the exercise of skill, in his case, is to bring him under full treatment by gentle and gradual changes of habits. After bathing a few days in tepid water, his flannel should be dispensed with entirely. The other case you mention had better consult a hydropathic physician, giving a full statement of his case.

MRS. H., HOWELL, MICH.—Warm fomentations or baths to the painful extremities are advisable, sufficient to subdue the pain, after which they may be wrapped in cold, wet bandages for a short time. Do not keep them wet more than a few hours in a day. General treatment henceforth should be very mild, and great attention paid to the diet. Unfermented bread, or wheat-meal cakes, would be better than any kind of raised bread in her case.

J. M. O.—CONSTIPATION.—J. M. O. writes that he was nearly killed with calomel many years ago, since which time his health has suffered severely. The greatest difficulty, at

present, is constipation. For this, use an ablution, or some general bath, every morning; take a sitz bath every evening, rubbing and kneading the abdomen thoroughly at the time; and eat, mainly, cracked wheat with good fruits. All vegetable food which does not produce acidity of stomach, is advisable.

HAULING DOWN THEIR COLORS.—A subscriber in Illinois gives us the names of two drug-doctors who have just removed the whole apothecary-shop, in consequence of the *firs* of cold water we have poured upon them through the Journal. Such things happen frequently. That they will

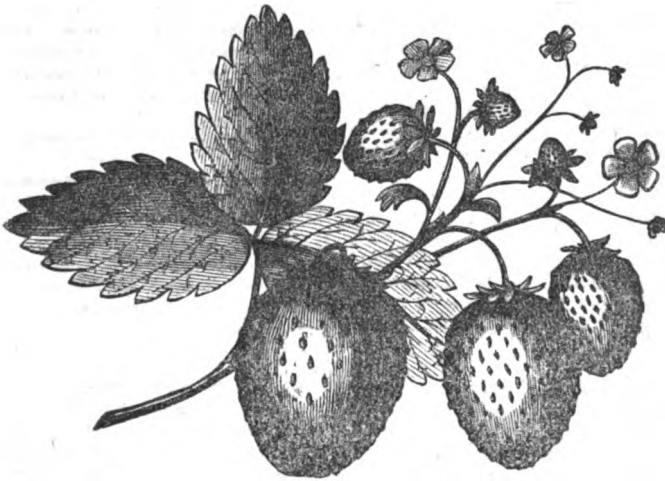
now be water-curing physicians instead of drug-killing doctors, is our hope and belief.

Mrs. H., COLAROOK, N. H.—Your complaint is nervous dyspepsia. Drink water frequently, but in small quantities at a time. Your diet should be dry and unconcentrated. In quantity be guided by the general feelings, not the appetite, for that is morbid. In addition to your general ablution, use frequent sitz baths, with active friction on the abdominal region.

C. H. B.—Such a book as you refer to has been in contemplation for a long time, and we hope to give it to the public soon.

VARIETIES.

THE MAMMOTH ALPINE STRAWBERRY.



THE DELICIOUSNESS and HEALTHFULNESS of this fruit induces us to publish the following description of a new variety of the STRAWBERRY, believing it may induce many of our readers to cultivate the same for their own use, and we will venture to assure them that a greater luxury to an unperverted appetite cannot be found.

The above engraving is a fair representation of this strawberry, recently discovered by Mr. NEWLAND, who thus describes it:

"In the summer of 1846, in the early part of July, I found accidentally a strawberry in the field, from which I have produced the variety in question, although it was later than I had ever seen ripe strawberries, (blackberries being then ripe, and in the same field) still many of the vines were loaded with ripe fruit.

"A belief of their superiority over other varieties, prompted me to take up some of them, which I did during a very severe drought. Not being much acquainted at that time with the cultivation of the strawberry, I set them in square beds, placing them eighteen inches apart each way, without any reference to sides. The plants (old ones) grew very fast, and became large hills the first season after setting, measuring, many of them, from twenty to twenty-four inches across. June 10th, 1846, in company with a citizen of Palmyra, I counted three hundred and twenty-three berries and blossoms upon one plant; and during fruiting-time there were many

more produced upon the same. The fruit began to ripen the last day of May; it was large and abundant. It continued ripening over two months. Many persons visited them, and beheld with astonishment and admiration the rich abundance of excellent fruit. I measured one berry, which was three and a half inches in circumference. The same plants continued to bear four seasons after setting them in my garden. The second was the best, the third was about as good as the first, the fourth, many of the plants bore well, though they had no care until the first of June, when I returned home from my business in Providence, where I had a test-bed set.

"I have set plants in all the different seasons when plants could be set, on account of frost and snow. I produced two quarts, heaping measure, without any hells, at one picking, from sixteen plants, the second year after setting. The bed was set about the first of December.

"The last of October, 1848, I let Samuel B. Halliday, of Providence, R. I., have ten thousand plants, for which he was to pay me three hundred dollars, provided I would produce, the following season, in Providence, or near there, sixteen hundred and fifty berries from fifty plants, by the first of September, 1849, averaging thirty-three berries to the plant. I finished setting my bed the 9th of April—the 11th of July the berries were counted by disinterested persons, and to me strangers, and there were three upon the fifty plants three thousand seven hundred and six berries, five hundred

having been previously picked from the same plant; making, in all, forty-two hundred and six in the short space of three months and two days from the setting of the plants. The plants were all young ones. One plant, one year old, set in a bag, produced two hundred and sixty-eight ripe berries. One of the young plants in the bed produced over two hundred berries. Mr. Halliday's certificate, attested by Henry B. Anthony, then Governor of the State of R. I., gives me over thirty ripe berries more than is represented by my painted specimen, having only sixty-six ripe berries upon it. The plant has never deteriorated in my cultivation; it bears a perfect fruit, without being fertilized by other varieties. It is hardy, and will produce fine fruit when shaded. The leaf and fruit resemble that of the common alpine. The size of the fruit, as well as that of the plant, greatly exceeds it; therefore I call it the Mammoth Alpine. The best information that I have been able to obtain is, that if the fruit and plant grow as large as it is stated they do, it must be a superior variety."

For further information, address George Newland, Palmyra, Wayne County, N. Y.

TO THE REV. HENRY WARD BEECHER,

Suggested by Reading his "Lectures to Young Men."

BY A. CURTIS.

HAIL ! noble BEECHER—zealous, firm and true—
The guardian of youthful innocence—
With what emotions does the mind pursue
Thy strains of satire, wit and eloquence!
How vividly thy faithful warnings glow.
Like living, brilliant fires, when fanning zephyrs blow !
Thy "Lectures" speak like faithful sentinels
Upon the watch-towers of Religious Truth;
And point to Virtue's humble citadel
As a safe refuge for unwary youth:
Their magic pages hurry us along
With all the power of fiction, all the grace of song.
Oh ! still be faithful to thy guardian trust,
And warn the feeble of approaching ill;
Reprove the guilty, but defend the just;
And with new courage, and unaltered will,
Unmark the polished, heartless men of sin,
Who steal the garb of Heaven to serve the devil in !

TO YOUNG MEN.—Before "settling" in life, every young man should spend some time in traveling. He ought, at first, to make himself familiar with the laws of his own State, then to go abroad into other States, and learn the manners and customs of all classes. In this way he will acquire more practical information in one year, than it would be possible for him to do in five years from books alone. After becoming well acquainted with his own country, let him go abroad and see the principal places of the old world. Then he will be in a suitable state of mind to "settle down," and become a more useful member of society.

If he is poor, let him work by the way, and live economically; if rich, he cannot spend his money more agreeably. After he has learned by actual observation "the ways of the world," he will be the better capacitated to engage in any pursuit which may best suit him. Travel, travel, travel.

* We copy the above from the Cleveland True Democrat, and would here take occasion to recommend the work referred to, namely, BEECHER'S LECTURES TO YOUNG MEN. It should be read by every youth in the world.

Price 75 cents, for sale by FOWLERS & WELLS, N. York.

A LAW passed by the last Legislature of Wisconsin, make retailers of spirituous liquors responsible for the effects of their trade on customers. Damages have been gained in one case by a wife, for the loss she sustained by the drunkenness of her husband.—*Evening Post.*

Served them right, it should become the law of every State. If these rum-sellers can't be put down, they should be made to pay all damages growing out of their ungodly business.

EXPENDITURES PER MINUTE OF THE UNITED STATES GOVERNMENT.—The expenditures, per minute, of Washington's administration, were \$3 82; Adams the elder, \$2 58; Jefferson, \$9 95; Madison, \$34 68; Monroe, \$25 18; Adams the younger, \$24 35; Jackson, \$35 15; Van Buren, \$45 78; Tyler, \$43 95; Polk, \$145 88.

NOTHING so tyrannizes over one as the habit of jesting and contempt, real or assumed. Success in the use of sarcasm and ridicule rarely fails to make its practice more frequent, and its application more wide than is either justifiable in itself, or agreeable to listeners.

A MAN recently tried soft soap to smooth the harshness of his wife's tongue. It took off a little of the roughness, but made it run faster.—*Ex.*

Wonder if there was any lye (lie ?) about that ?

BOOK NOTICES.

THOUGHTS ON DOMESTIC LIFE; its Concord and Discord, with Suggestions how to Promote the one and Avoid the other. By NELSON SIZER. New York: FOWLERS & WELLS, publishers, available. Price, twelve and a half cents.

In a motto the author says, "IT IS NOT GOOD THAT MAN OR WOMAN SHOULD BE ALONE," to which all "well married," and marriageable people, will readily assent. Then the question arises, how shall we secure "concord," amid all the varied peculiarities, and differences in organization, education, habits, and disposition of man and woman kind ? While one may be cheerful, magnifying bright prospects, the other may be desponding and gloomy, imparting a cold, hopeless, cloudy influence, which may cast a "damper" over the whole life of the other. Can there be happiness under such a state of things ? Our author proposes to tell us "how" to promote "concord, and avoid discord." A work of vast importance, when these differences are taken into account, all will admit.

The undertaking is thus very elegantly introduced by this Domestic Mediator—

"Man is constituted a social being. He is formed for society and intercourse, and the very elements of his nature are opposed to a life of solitude. He ever delights in having at least one boon companion, in whom he can confide, with all the freedom and faithfulness of his own breast. Without this social law life would be hardly worth possessing. On the basis of this elementary law of our nature rests the institution of marriage, which is coeval with the existence of man, and constitutes the centre of the system of the social relations, around which they all revolve."

After reading this book, we think there will be no good excuse for any able-bodied man to remain an old bachelor, or woman an old girl.

But the way those who "marry for money" "get cooper-

ed," is absolutely agonizing, yet we will venture to endorse every word of it as "true to Nature."

The importance of a correct physiological and moral education is urged with zeal and ability, as the following prayerful supplication indicates:—

"O! when shall the blissful period arrive, that mankind shall be guided by the nobler sentiments of the soul in the choice of companions, and in all the social and domestic relations? When shall the rising generations, which are to wield the moral and political destinies of the world, fall into the hands of those who shall train them for their families, their country, and for heaven? When man shall study his own nature, and become acquainted with the laws of his being, and exert his powers to live in obedience to them, then, and not till then, will the highest eminence of human excellence be attained. The progress to this exalted station may be slow, but the light shed abroad by the science of mind will become the handmaid of reason and religion, and each generation, by proper cultivation, standing on a still higher platform than the past, will finally gain the highest possible elevation of intelligence and morality; then shall man, after having struggled in darkness and error for many centuries, 'regain an Eden lost,' and bask in the sunshine of peace, till transplanted to the paradise of God."

THE NORMAL SERIES, by J. RUSSELL WEBB, consisting of Webb's Normal Reader, Nos. 1, 2, 3, and 4, being a new and simple Method of Teaching Reading, founded on Nature and Reason.

This series develops a common-sense, and therefore eminently practical, system. On first opening the several Nos. we could but notice the great difference between them and all other readers of the kind we have seen. This, so far, was favorable, as it showed there was a new idea somewhere that dared intrude on the sanctity of old conventional notions, now almost interwoven into the very existence of man; and which, notwithstanding their age, we confess look very absurd to us. We know a "better way." This "better way" is most admirably developed by our author.

His plan is, not to teach; at first, the letters, then the *ab's*, *ab's*, *ib's*, &c., down to the *blu's* (blues), but to avoid every such tendency. He gives the child, at first, simple words, which, at once, convey ideas to the mind, on which it can feed and grow. These words are at once combined into phrases and sentences, and the child begins to read. This is what we call "Nature's Plan;" for it is the way we learn and read *Her Book*.

By a beautiful method, the letters and their sounds are soon taught. But we have no space to further explain. The series is well worth a careful examination and thorough trial. We have given both, and are decidedly in favor of the system; we know it is good, far better than any in general use.

These books bear with them strong testimonials from the highest authorities. Among them we notice one from the Deputy State Superintendent of Common Schools, who says, "They are all and everything they should be." We certainly wish them success.

Huntington and Savage, New York, publishers.

TWENTY-FIFTH ANNUAL REPORT of the Bloomingdale Asylum for the Insane, for the year 1849. By C. H. NICHOLS, M.D., Physician to the Asylum.

After all the statistics, giving the number of patients admitted, cost for keeping, treatment, &c., &c., the Doctor says—

"Our chapel choir is composed of patients, officers, and attendants, and, with a view of improving the character and interest of its performances, a 'singing school' was instituted early in the autumn, under the instruction of a compe-

tent person, and attended by nearly every individual in the house who had any skill or taste in vocal music. Besides improving old performers and bringing out and harmonizing from among many permanent residents several voices whose capabilities had lain dormant, and thus effecting the object first had in view, we are convinced that this school has been a happy and material auxiliary in effecting several restorations."

We, too, believe in the power of music, either vocal or instrumental, to quiet or arouse the various faculties of the mind, and hence regard the introduction of music into this Asylum as an important feature, which should at once be adopted by all other similar institutions.

The Bloomingdale Asylum, under the direction of Dr. Nichols, will be a desirable retreat for all who are afflicted with mental disease.

SCIENTIFIC AGRICULTURE; or, Estimates of Chemistry, Geology, Botany, and Meteorology, applied to Practical Agriculture. By M. M. RODGERS, M.D., author of various works on the Natural Sciences, illustrated by numerous engravings, and a copious Glossary. New York: FOWLER & WELLS, price 75 cents.

The author says, "Nature maintains uniformity in all the operations of her laws, and produces nothing by chance; whenever, therefore, we observe an apparent exception to this principle, it is due to deficiency of knowledge or error in conclusion. And whoever practically disregards this truth, and rests his hopes upon contingent events, will be compelled to correct his error at his own cost."

After a perusal of this work, we at once concluded, that there was no occasion for the extreme modesty and diffidence exhibited by the author in his preface, where he pleads "inability to do justice" to the subject, for we think it a capital work, the reading of which will pay five hundred per cent. on the cost. It is not only good for farmers, but everybody else.

THE STUDENT.—Agreeably to previous announcement, this new periodical made its appearance on the 1st of May. In an editorial notice of it, the *New York Daily Tribune* says—"THE STUDENT is the title of a new work published by this spirited house for the first of May, to be published in monthly numbers, and intended to form an agreeable and useful family miscellany. It will be devoted especially to the moral, intellectual, and physical improvement of youth embracing the natural sciences, biography, history, phonography, music, drawing, and other kindred topics, adapted to interest the juvenile reader. A portion of the work will be appropriated to articles from the best writers, suited to the taste of those readers whose minds are so mature as to appreciate the most highly-finished compositions. This work will form a valuable addition to the popular issues of the publishers, and we doubt not will command a wide circulation."

The terms are only \$1 a year, in advance.

Address, post paid, FOWLER & WELLS, 131 Nassau-street, New York.

AN ADDRESS, delivered before the Alpha Phi. Society of Wilson Collegiate Institute at its fourth anniversary. By Rev. WM. DREWY. Containing, also, three original Odes, sung on the occasion. Lockport, from the *Cataract Press*.

We have read this most eloquent Address with great interest. The author's picture of a "True Man" is truly beau-

tiful. After speaking of the evils of a false man, the author says—

"A true man is the focal point of an innumerable number of telegraphic wires, and at every pulsation of his heart, the electric current, still and silent, but swift as thought, starts in every direction, and trembles along those spiritual wires, on its mission of mercy, through the wide domain of mind. He has established a communication with universal mind. He lives to bless all who inhabit the wide universe."

PRINCIPLES OF THE HUMAN MIND, Deduced from Physical Laws; together with a Lecture on Electro-Biology, or the Voltaic Mechanism of Man. By A. SKEER, F.R.S. With illustrations. New York: FOWLERS & WELLS, publishers.

We recommend this work, not because we think the author has traced out the laws of this mysterious science, or has arrived at correct conclusions, but because we regard all real scientific investigation of the matter as tending to develop such laws, and to hasten such conclusions. The connection of matter and spirit is mysterious; but that is no sign it always will be—therefore, we say, read and investigate.—*Wyoming County Mirror*.

These are our sentiments exactly, nor are we afraid of any evil result from the investigation of ALL subjects which come within the range or comprehension of "the human mind." Hence we echo, "Examine all things," and "hold fast that which is good."

NEW YORK LEGAL REGISTER, containing a Sketch of all the principal Courts of the State, a List of the Senators, Judges, Surrogates, District Attorneys, Sheriffs, Clerks, and the Terms of the Supreme Court for 1850 and 1851. New York: Willard Felt, 191 Pearl-street, publisher, price twelve and a half cents.

It is not presumed that our Water Doctors will take a very deep interest in this "LEGAL REGISTER," yet as we have not a few readers who belong to the "Legal Profession," we deem a notice of this exceedingly convenient and useful little work quite in place, and doubt not hundreds would gladly avail themselves of it, did they know of its existence, or appreciate its real value.

THE AMERICAN MUSICAL REVIEW is the title of a serial publication, edited by J. B. WOODBURY, and published by Huntington & Savage, of New York, at fifty cents a year, in advance.

This is a large octavo, containing sixteen pages, issued once in two months. Several pages of each No. are appropriately devoted to music, while other portions contain interesting sketches, notices, reviews, &c. &c.

THE AMERICAN BIRD-FANCYER; considered with reference to the Breeding, Rearing, Feeding, Management, and Peculiarities of Cage and House Birds, illustrated with engravings. By D. J. BROWNE. New York: C. M. Saxton, price 25 cents.

The title of this little book indicates its objects, and we can only add, that we know of no other so well arranged and adapted to all who have to do with birds, as the one here noticed.

AN ESSAY ON MANURES, by S. L. DANA, has also been published by Mr. Saxton, price 25 cents.

A scientific work, eminently calculated to promote the great agricultural interest in the United States.

THE AMERICAN RAILWAY GUIDE, for the United States; together with a Map. Just published by Dismore, 138 Fulton-street, New York, price twelve and a half cents.

A very useful and handy pocket guide for all who travel by railroad or steamboat.

AN INTRODUCTION TO THE WATER-CURE, by THOS. L. NICHOLS, M.D. New York, Fowlers and Wells, publishers, price twelve and a half cents, available.

For another notice of this new accession to our Hydro-pathic literature, see "Reviews," in this number.

NOTICES TO SUBSCRIBERS.

VOLUME TEN OF THE WATER-CURE JOURNAL will commence on the first of July, 1850. The terms will be, for a single copy, \$1 00 a year in advance. Five copies, \$4 00. Ten copies, \$7 00; and twenty copies will be furnished for \$10 00.

ALL LETTERS addressed to the publishers should be plainly written, containing the name of the Post-Office, County, and State.

MONEY on all specie-paying Banks may be remitted in payment for this Journal.

SUBSCRIBERS can mail one, two, or three Bank-notes in a letter, and not increase the postage.

CLUBS may now be formed in every neighborhood throughout our country, and be forwarded at once to the publishers.

THIS JOURNAL will be sent in clubs to different Post-offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

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THE ART OF HEALING :

AN INQUIRY INTO THE INFLUENCE OF MEDICAL
SCIENCE UPON THE PUBLIC HEALTH.

BY THOMAS L. NICHOLS, M.D.

THE ART OF HEALING, as taught and practiced in this middle of the nineteenth century, professes to be the result of the accumulated wisdom of three thousand years. During all this period, a privileged profession has been engaged in investigating the science of life, the conditions of health, the causes of disease, and the means of cure. Many thousands of men, in many countries, and in all these ages, have made this the business of their lives; and, in consideration of their devotedness to this great work, they have been honored and rewarded; they have been considered the benefactors of the race, and their calling is often connected with the attributes of divinity. Medicine is said to be a noble profession, a divine art, a glorious science!

I propose to briefly examine into the claims of this calling upon the gratitude of mankind, and the high respect, often approaching to adoration, with which its professors have been treated in all ages of the world.

In pursuing this inquiry, I shall not examine the medical history or sanitary condition of other countries and times. A wide and open field is presented in our own city, and I shall need to go no further. No where is the medical profession more numerous or more respectable. We have over six hundred *regular* physicians, and some hundreds who are considered *irregular*. We have two medical colleges, of high standing, connected with our two universities; and a third is just going into operation. We have an Academy of medicine, intended to collect into one burning focus all the medical learning and skill of the city. We have hospitals, clinics, infirmaries, and dispensaries. In a word, there is nothing wanting, by which medical science can produce its legitimate effects upon the public health.

Never had a profession greater advantages. No greater could be desired. Its members are of the highest social rank; many of them are looked up to and revered; they possess unbounded influence, both with individuals and legislative bodies. Whatever law they recommend is passed—whatever they advise is speedily accomplished. There is, therefore, no lack of power to carry out the dictates of their wisdom.

And these doctors mean well. They are not wanting in zeal or benevolence. I cordially esteem the members of the medical profession gen-

erally, for the goodness of their intentions. They are really doing what they believe to be their duty, according to the light they have. Day and night, summer and winter, they drive round the city, visiting patients, writing prescriptions, and trying to cure the sick. They order medicines without stint. No new remedy, no promising experiment, escapes them. Every few months they bring out some new preparation. Now it is quinine, now morphine, now the hydriodate of potassia, now cod-liver oil. They are indefatigable. Their dispensaries contain thousands of remedies—and four hundred druggists, with their assistants, are employed the year round, in preparing and dealing out these medicines. We pay two millions of dollars a year in doctors' bills, and certainly not less than a million more for drugs.

Let us now turn for a moment to the result. Let us ask what might naturally be expected of such a body of men—so learned, so wise, so benevolent, so well organized, and so powerful! Might we not expect to find the population of this city surrounded with all the conditions of health, fully instructed in hygienic principles, and never ignorantly violating the laws of life? Might we not expect a pure and healthy atmosphere, free from all pestilential nuisances; perfect ventilation in all our public edifices and private dwellings; markets carefully inspected and supplied with none but healthy food; all diseasing adulterations in commerce suppressed? Might we not expect to find a general state of health, in the young and middle-aged, and death the result, with rare exceptions, of a gradual wearing out of the vital forces? Such a state of things would be worthy of the medical profession, and such must be the natural result of true medical science.

It is time now to come to the facts. We have intimated what might and ought to be—let us turn to the public records of the city—to the Report of the City Inspector to ascertain what really is. In that report, I find that during the year 1849, there die^d of various diseases in this city, over TWENTY-TWO THOUSAND persons, and that of all that number, only two hundred and twenty-four died a natural death—the only truly *natural* death of old age. I find that of that twenty-two thousand, TWELVE THOUSAND, or more than one-half, were children, of whom far the greater number died before they were five years old. Here begins the contrast between what is and what ought to be—between our reasonable expectations and the terrible reality.

We may estimate the amount of sickness from the number of deaths. If we allow that one case of sickness in ten is fatal, we have an aggregate

of two hundred and twenty thousand cases of sickness in New York in a single year, cases which it ought to be the business of medical science to prevent. All this sickness, pain, and distress, must be the result of causes, which it is the province of medical science to remove. But the causes remain, and here are the melancholy—the terrible consequences. We are surrounded by death-dealing nuisances; there is almost universal ignorance of the laws of health; sickness is in all our dwellings, and death cuts off half of all that are born in the very flower of existence; while barely one in a hundred lives to the natural age of man, and dies a natural death. And this is the result of our boasted medical science, our noble profession, and the accumulated wisdom of three thousand years!

I shall go into no argument to prove that children are born—that they may grow up, become healthy, well-developed men and women, live to a good old age, and go down to the grave like a shock of corn fully ripe. This is the natural destiny of man, and it is the object of medical science to enable him to accomplish that destiny. We see how medicine fulfills its objects. This is the way—of the children who died in this city in 1849, there were 4452 of one year old and under, and nearly ten thousand under five years of age. Read this, professors of our two medical colleges; read this, ye six hundred regular physicians and four hundred druggists; ponder this, Academy of Medicine! Look into the little graves of ten thousand innocents, in one single year the victims of your ignorance, your mal-practice, or your neglect. I charge upon you this terrible mortality. But for you, and the trust reposed in you, it would have been prevented. You have kept the people in ignorance—you have taught them to place a blind trust in your science and skill; and here is the awful result. The time has come when you must answer for this at the bar of public opinion. This is no idle declamation. Here are the facts and the figures, and there is no getting away from their purport. Until the medical profession have done their whole duty in enlightening the people as to the causes of disease; until they have exerted their whole influence in surrounding people with the conditions of health, a large portion of this sickness and premature mortality must be charged to their neglect; and until they learn how to treat disease more successfully, a large portion must also be attributed to their ignorance.

The medical profession, as now constituted, and in its present position with regard to public health, resembles a band of wreckers distributed along a reef-lined coast, where vessels are continually driving ashore. It is their duty to warn the mariners of their danger, and to show them how to steer to avoid it; but this duty they neglect, contenting themselves with rude efforts to rescue, and successful ones to plunder, such as are washed ashore. Physicians have shrouded the simple science of physiology in mystery. Far from warning men of the danger of violating the laws of life, they have hung out false lights,

by giving them confidence in the power of medicines; and after neglecting the public health, they have increased the number and the mortality of diseases, by the administration of poisons, in a thousand deadly combinations.

On these high grounds, I arraign the science of medicine, as taught in the schools, and the profession of medicine, as self-constituted regular, as potent causes of the pervading disease and premature mortality that afflicts this community. I charge upon the medical profession, as sanctioned by our legislatures and fostered by our universities, the diseases which fill our city with tribulation, and this frightful array of premature mortality, which makes our dwellings resound with lamentation and woe. Where all might be joy, and comfort, and health, medicine, by its acts and its neglects, brings sorrow and desolation, and spreads the pall of mourning over the innocence of childhood, the loveliness of budding womanhood, and the strength and maturity of man.

The reform, so long needed, so loudly demanded, has at last begun. We have at length a science of medicine, that is founded on hygiene, a science for the preservation of health, as well as for the cure of disease. We have at length the germ of a medical profession, which must do its proper duty to mankind—which has already begun, and is earnestly engaged in public enlightenment. I need not say that I mean the WATER-CURE, and its teachers and practitioners. The regular profession of medicine, from its sins of omission and of commission, its neglect of duty, its intolerance, its baseless pretension, and its utter hopelessness and worthlessness, is every day sinking lower in the public estimation; while that system of nature which we term the water-cure is rising every day higher and higher in the approbation of intelligent minds, and the just appreciation of a long-abused, but now awakened public.

87 West 22d street, New York.

HYGIENE THE TRUE MORAL OF THE CHOLERA.*

[Concluded from the June Number.]

BY ROLAND S. HOUGHTON, A.M., M.D.

THE conclusion of the article is equally able:—
“The true philosophy of the science of medicine is the knowledge of the causes of disease. Or, if these causes be too subtle and refined for our gross senses, it is the knowledge of the several conditions, external or internal to the body, which give those causes power. In the future history of medicine, we shall see men returning to the principles promulgated by its earliest founders. They will perceive that the treatment of the fully-formed disease is at the same time the most difficult, and the least useful part of their noble profession. They will learn to arrest the evil at the fountain-head, and not to dam the current swollen by a thousand tributaries. And if the

* A LECTURE, delivered before the Mercantile Library Association, in Clinton Hall, New York.

principles which we have analyzed in this article be correct, it will not be the least triumph of this philosophy, that it has indicated the true mode in which the great epidemic of our time can be most easily and most effectually controlled. It bars out the disease—not with quarantines and cordons sanitaires, but with a cleanly people, and uncontaminated air. *The evil which springs from the bosom of Nature only needs for its removal an observance of the rules which Nature herself reveals.*

Noble, thoughtful words! Would that they could be heard, and their point apprehended, not only by every member of the healing fraternity, but as well by every reflecting mind in the whole wide world!

I have next to speak of the results of the efforts that have so far been made in England itself, to advance the cause of Sanitary Improvement. Numerous "Health of Towns Associations" are now in operation, and a great deal has been done in the way of bettering the condition of the poor. Free baths and wash-houses are in process of gradual establishment in the large cities, and in London itself the famous St. Giles, the former "Five Points" of the metropolis of England, has been renovated by the authorities—its streets widened, and its poor dispersed. But it is mainly to the late invasion of Cholera that we are to ascribe the present zeal of the London press in behalf of the cause. The articles on the subject of hygienic improvement which are now in course of publication in England, literally burn with indignant eloquence, and answer for themselves the stale objection that laymen cannot understand the laws of life and health.

"We cannot tell," says the London *Times*, "why the fætid sewer, or the exhalations of the reeking grave-yard, should be the cause of cholera one year more than another, and we cannot form any conception of the reason why the epidemic should ever cease in the polluted districts of Lambeth or Shoreditch, during eight months any given year. Our conclusions are all yet entirely empirical. All we know is, that when the cholera is present these are the spots in which it first declares itself—these the points from which it mainly radiates into quarters of the town which are inhabited under more endurable sanitary conditions. The heavy pressure of the disease in such localities offers the best suggestion for depriving it, for the future, of its main power. If we would avoid a speedy recurrence of this visitation, it is in behalf of the proper purification, and the closing up of the centres of feculence, that we must mainly address ourselves to all who are compelled to live within the limits of the bills of mortality. A proper system of sewerage has yet to be established; a suitable supply of water, both in quantity and quality, must be poured into every alley and court of this huge town. We must seal up grave-yards; banish noxious trades to the suburbs; remove cattle-markets, slaughter-houses, and their attendant pollutions, and do, in short, by legislation, all that legislation can effect."

Is not this sensible hygienic advice, if it does come from a *lay* source? And is it not equally adapted to the meridian of this city of New York? But again:

A writer in the London *Morning Chronicle*, in giving an account of a visit paid to a portion of that city in which the cholera had been exceedingly destructive, gives the following account of the manner in which the inhabitants were supplied with water:

"In No. 1 of London street the cholera first appeared seventeen years ago, and spread upward with fearful violence; but this year it appeared at the opposite extremity, and ran downward with like severity. As we passed along the reeking banks of the sewer, the sun shone upon a narrow slip of the water. In the bright light it appeared the color of strong green tea, and positively looked as solid as black marble in the shadow—indeed, it was more like watery mud than muddy water; and yet we were assured *this was the only water that the wretched inhabitants had to drink.*" The water for that part of London is supplied, it seems, by a Company, which, under the plea of not being able to supply a sufficient quantity to other sections, suddenly withdrew, during the cholera season, one half of the scanty supply usually doled out to the squalid occupants of the city courts.

"From the poor gasping wretches," says the *Times*, "thus consigned in cold blood to the horrors of a water famine, this company were, be it remembered, at the same time drawing a profit of at least ten per cent. per annum upon their paid-up capital!"

The *Times* has accordingly denounced this Company for its action, and the city government for permitting it, in terms of fierce and unsparring invective. It pronounces the weekly charge of eight pence per house grossly extortionate, and claims that the city can be steadily supplied with "cool, fresh, lucid water, sent, sparkling and pure, up every court and alley, and to the very garrets of the meanest houses, at an average general rate not exceeding two pence per week per house—just about one fourth of the present charge." This rate (it adds) would be more than saved by the diminished outlay in cleansing and drainage; by the lessening of fire assurance risks, and so forth; "by the popularization of health-and-strength-giving baths, now the costly luxury of comparatively few; and lastly, by the prevention of those tremendous epidemics,—cholera, typhus, scarlatina, and all the other filth-murrains of cities,—whose victims are mourned with bitter wailing and lamentation by many a ruined family in many a devastated home."

In still another article, in reply to an official announcement of Alderman Sidney that the city was safe from pestilential disease, the *Times* thus sets forth an appalling array of facts illustrating the condition of the poor:

"We cannot proclaim to the country, as Alderman Sidney desires, that the city of London is safe. There are at this moment in the metropolis five hundred thousand powder-barrels,

awaiting, open-mouthed, the sudden spark which, whenever it may fall, will infallibly produce a tremendous explosion. Those powder barrels are the stagnant cesspools, the breeding coffins, and the subterranean slaughter-houses of the city. The spark whose kindling touch they await is the invisible, floating cholera sporule, and the dreaded explosion is a fresh outburst of devastating pestilence. Empty these powder-barrels, Mr. Alderman Sidney, and then we will report the city safe. Cleanse, in Fox Court, the 'public ordure-pit,' which has already destroyed four victims, and from whose yawning mouth fresh poison is still steaming up. Let in the light of day—let in pure air and unpolluted water to the fevered, scrofulous outcasts of that other court, where the very pump yields an offensive stream, where half the entire population have perished of the plague, and where the miserable survivors, helpless and hopeless, are awaiting their turn to die. Purify the city of these deadly plague-spots, which shame humanity, and are the opprobria of civilization, before you boast of the health of the city and expect the fugitives from its horrors to return. We sympathize with those who, being rich, have lost business by the cholera panic; but we sympathize still more with those who, being poor, have lost by it all that they had to lose—their lives. We are not insensible to the anxiety of wealthy tradesmen, 'paying hundreds a year' for their premises, and only 6d. per diem, by their trade; but we sympathize still more with the poor outcast whom we saw on the 27th of September, lying dead of cholera, in St. Bartholomew's Hospital, with the word 'unknown' written over against his bed; we sympathize still more with the friendless pariah, who, on the 25th of August, was found a shriveled corpse at No. 21 Fleur-de-lis Court, where, for two long days, she had been left unvisited, probably in excruciating agony; her groans unheard, her malady untended, her dying eyes unclosed, her corpse uncoffined; we sympathize still more with the poor steel-polisher, whom the city authorities suffered, last Monday week, to perish of cholera, at No. 7 Robin Hood Court, St. Andrew's, *by reason of want of food*. We say that, while in the heart of the city such occurrences as these, day after day, belie religion and insult humanity, we must expect to incur, not in one only, but in a succession of plagues, the revenge of outraged Nature, and the retribution of offended God. We have said, and we repeat it, that the poor of the metropolis are worse off now than they were in 1832; that the supplies of air, and light, and water, have not kept pace with the wants of a growing population, crowded by the unchecked rapacity of extortionate house-owners into pestiferous dens, in which no merciful master would kennel his hounds. The Common Council may suppress or mutilate the reports of its medical officer; they may contest the authority of the Board of Health; and they may shut their ears to the wailing of the decimated poor; but they cannot tamper with the bills of mortality, nor resist the authority of public opinion, nor stifle the voice of

the press. They cannot, in the face of irrefragable evidence to the lamentable condition of the city poor, with which our columns daily teem, persuade the community that the health of London is satisfactory, and that the risk of cholera is at an end."

Let me not be told, gentlemen, that these London horrors can find no parallel in this city of New York. It is not so. If there are "500,000 powder-barrels" in the English metropolis, ripe for an explosion, there are at least 100,000 in our own community. Our Croton water is not always preferred to the noxious rills from the fœtid pump. We, too, suffer from the gross pollution of the cattle-market and the slaughter-house; we, too, have our "reeking grave-yards" and "breeding-coffins." It is only a few days since the Grand Jury of the Court of Sessions presented "Potter's Field," on Randall's Island, as a most horrible nuisance. They have also found in the northern part of the city, "cow-stables, distilleries, and establishments for cutting up and boiling dead horses and other animals." In another place, *near the heart of the city*, they have found a single enclosure containing 1200 cows. That these are nuisances of the most loathsome description, as the Grand Jury admit, there cannot be any rational doubt; "the putrid stench which issues from them corrupts the atmosphere of the whole neighborhood, even at this advanced season of the year. It seems incredible that human life can possibly be sustained within the pestilential effluvia of such places as these; and yet," as the Grand Jury inform us in their presentment, "all these places were in full operation throughout the last season, while the cholera was raging!"

But time would fail me, gentlemen, were I even to attempt to complete an enumeration of the horrors in our midst. I would fain add something in regard to the 25,000 wretches who *live in cellars*—knowing nothing of the luxuries of air, light, cleanliness, and wholesome food; but I can only say of them (in the words of Professor Dickson): "the unutterable pollution, the equal-or, the anguish, there endured, must make angels weep, and touch with pity the arch-fiend himself, whose dread abode contains no pang more intolerable, except its eternity of despair."

One word, ere I close, of the remedy for these evils. I conceive that this remedy is most easily to be found in the prompt action of our local government, when properly enforced and demanded by an enlightened and concentrated *public opinion*. It is the manifest duty of the intelligent and the thoughtful to form that public opinion and bring it to bear upon the municipal authorities. We, gentlemen, must do our part to bring the matter before the city government. On the Common Council of the city of New York devolves the responsibility of the public health; on us the duty of holding them to their task. Let us resolve, then, to hold meetings, ascertain facts, and present reports. As a starting-point, let us call on the authorities to renovate "the Five Points,"—to abate the nuisance of "the Old Brewery." We have a noble example in the

earnest action of our English brethren. St. Giles is no more! But let us not be content with mere imitation; let us strive to excel them. So may we hope to escape in future the dreaded recurrence of the loathsome plague, the stern revenge of "outraged nature," and the just retribution of "offended God!"

AMERICAN VEGETARIAN CONVENTION.

BY T. L. NICHOLS, M.D.

THE movements of the vegetarian societies in England, during the past year, having stirred up the friends of dietetic reform on this side of the Atlantic, it was resolved that a convention should be held in May, after the Religious Anniversaries, for the purpose of forming an American Vegetarian Society. The chief agents in this work were the Rev. Wm. Metcalfe, of Philadelphia, an active Foreign Corresponding Secretary of the British Vegetarian Society, and the celebrated Dr. Wm. A. Alcott, of Massachusetts, the author of a hundred useful books, in almost every department of education, reform, and progress.

The convention met at Clinton Hall, on Wednesday, May 15, at 10 A. M., and was informally organized by electing Dr. Joel Shew Chairman pro tem. A committee then nominated the following officers of the convention, who were duly chosen:

President, Rev. Wm. METCALFE, of Philadelphia.
Vice-Presidents, Rev. WELLINGTON, of Boston, BLAKE, of Pepperill, Mass., Dr. JOEL SHEW, of New York.

Secretaries, JOSEPH METCALFE, of Philadelphia, JOSEPH WRIGHT, of New Jersey.

The Rev. Mr. Metcalfe, on taking his seat as President of the Convention, stated that he had been a vegetarian for forty years. In this time he had reared a family, some of whom were present, children and grandchildren, who had never tasted animal food in their lives. All the members of the church over which he presided were also strict vegetarians, as a matter of religious belief and duty. As a general thing, they had enjoyed good health—better than their neighbors. They had passed through two seasons of the yellow fever unharmed, while many were dying around them. They had also almost entirely escaped the ravages of the Cholera in its several visitations.

Committees were now appointed to prepare resolutions for the convention, and to report a constitution and organization for the proposed association, after which several members of the convention related their experiences of the benefits of a pure diet. Dr. Bedortha, water-cure physician, of Troy, gave an interesting account of his experiments and observations, and one of the delegates from Philadelphia, a hale and hearty man of sixty-two, gave the pleasant result of forty years' use of a fleshless diet.

The following resolutions, mainly submitted by the delegation from Philadelphia, were unanimously adopted:—

DECLARATION AND RESOLUTIONS.

Man is evidently responsible to certain physical, mental, and moral laws. Obedient to these, he will secure health and happiness, while disobedience evidently produces misery and evil. Natural laws form a unique, harmonious system, and man partakes of this prevailing beauty in every law of his being. Constitutions may, indeed, differ, but there must be a universal law for the stomach as well as for the lungs; and the species of food, prescribed by the universal law for the human stomach, will be found to comport best with the physical abilities, health and exercise of the intellectual and moral powers. Vegetarianism unfolds the universal law of man's being. Its observance is a stepping-stone to a higher stage of existence, and removes obstructions which hinder the fulfilment of man's highest aspirations, and it is the inlet to a new and holier life.

With these views impressed on our minds, we, who are here assembled in American Vegetarian Convention, have hereby—

Resolved, That comparative anatomy, human physiology, and chemical analyses of different animal and farinaceous substances, unitedly proclaim the position, that not only the human race may, but should, subsist upon the productions of the vegetable kingdom.

Resolved, That the vegetarian principle of diet derives the most ancient authority from the appointment of the Creator to man—when he lived in purity and peace, and was blessed with health and happiness—in paradise.

Resolved, That though the use of animal food be claimed, under the sanction of succeeding times, it rests only on the permissions accorded to man in his degraded condition, and is a departure from the appointment of the Creator.

Resolved, That if man would return to paradise and purity, to mental and physical enjoyment, he must return to the paradisaical diet, and abstain from the killing and eating of animals, as food.

Resolved, That there is found in the vegetable world every element which enters into the animal organization; and that combinations of those elements in the vegetable kingdom are best adapted to the most natural and healthy nourishment of man.

Resolved, That the approbation of man's unsophisticated and unbiassed powers of taste, sight, and smell, are involuntarily given to fruits, farinaceous, and vegetable substances, in preference to the mangled carcases of butchered animals.

Resolved, That flesh-eating is the keystone to a wide-spread arch of superfluous wants, to meet which, life is filled with stern and rugged encounters, while the adoption of a vegetarian diet is calculated to destroy the strife of antagonism, and to sustain life in serenity and strength.

Resolved, That as there are intellectual feasts and a mental being into which the inebriate can never enter, and delights which he can never enjoy—so there are mental feasts, and a moral being, which to the flesh-eater can never be revealed, and moral happiness in which he cannot fully participate.

Resolved, That cruelty in any form, for the mere purpose of procuring unnecessary food, or to gratify depraved appetite, is obnoxious to the pure human soul and repugnant to the noblest attributes of our being.

Resolved, That the evidence of Linnaeus, Sir Richard Phillips, Franklin, Sir Isaac Newton, John Wesley, Swedenborg, Howard, Jefferson, Rousseau, Akenside, Pope, Shelley, Sir John Sinclair, Arbuthnot, and a host of others, living as well as ancient observers of nature, testify to the truth of vegetarianism.

Resolved, That in the vegetarian cause, a new field of exercise is opened to the moral reformer, in which he is most earnestly and cordially invited to become a co-worker with truth, by adopting its teachings in the government of his own life, and by diffusing its principles in all his efforts for the elevation of his fellow-man.

Resolved, That we will personally interest ourselves in promoting the circulation of publications calculated to advance our cause—such as the *London Vegetarian Advocate*, the *Water-Cure and Phrenological Journals* of New York, and all publications having for their objects the promotion of a knowledge of the laws of our being.

Resolved, That we hail with great joy the progress of the vegetarian cause in England, where large societies exist, which, in one or two instances, embrace nearly five hundred members.

Resolved, That it is advisable to organize State and local vegetarian societies, wherever practicable, with as little delay as possible—lecturing and diffusing facts and principles in the science of man.

The Committee on the Constitution reported

the following Preamble, as the basis of organization:—

PREAMBLE.

The objects of this association are to induce habits of abstinence from the flesh of animals, as food, by the dissemination of information upon the subject, by means of verbal discussions, tracts, essays, and lectures, exhibiting the many advantages of a physical, intellectual, and moral character, resulting from vegetarian habits of diet, and thus to secure, through the association, example, and efforts of its members, the adoption of a principle which will tend essentially to true civilization, to universal brotherhood, and the increase of human happiness generally.

The officers provided by the constitution are a President, nine Vice-Presidents, a Recording Secretary, a Corresponding Secretary and a Treasurer, constituting a board of directors. The active duties of the Association fall upon the Corresponding Secretary, who is to receive a per centage of the receipts for his services. The initiation fee is 25 cents; the annual dues one dollar. Life membership twenty dollars. Meetings are to be held annually, in the month of September—the next one to be in Philadelphia, where it is proposed to make a grand vegetarian banquet a portion of the order of exercises.

The following officers were then elected for the ensuing year:—

AMERICAN VEGETARIAN SOCIETY.

President,

Dr. Wm. A. Alcott, of Massachusetts.

Vice-Presidents—1st. Dr. R. D. Mussey, of Ohio; 2d. Sylvester Graham, of Mass.; 3d. P. P. Stewart, of Troy, N. Y.; 4th. H. H. Hite, of Va.; 5th. Dr. Prince, of Missouri; 6th. Joseph Wright, of New Jersey; 7th. Dr. Joel Shew, of New York; 8th. Wm. O. Chapin, of Rhode Island; 9th. Joseph Metcalfe, of Pennsylvania.

Recording Secretary—Dr. R. T. Trall, of New York.

Corresponding Secretary—Rev. Wm. Metcalfe, Kensington, Philadelphia.

Treasurer—S. R. Wells, of New York.

A public meeting of the newly-formed society was held in the evening. On taking the chair, Dr. Alcott made some interesting observations on the anatomical and physiological arguments in favor of the Vegetarian system. He was followed by Sylvester Graham, in an address of some length, but difficult to report with justice to the speaker. In the course of his remarks, there sprung up an animated controversy between him and Dr. Wieting, the well known lecturer on Anatomy and Physiology, which has been made the subject of extensive newspaper comment. The address of Dr. Graham was all that those who best know him were prepared to expect, and we believe that none of these were disappointed.

Whatever may be the success of the movement thus set on foot, the immediate result has been favorable to the cause of dietetic reform. The press, throughout the country, has noticed the movement; discussions have sprung up; curiosity has been awakened, and good must of necessity grow out of this process of enlightenment.

Science, experience, and the dictates of a refined taste, all point to the vegetable world as affording the purest nutriment for man, and that which is best adapted to all the wants of his physical constitution. With this observation, I propose to continue the discussion of the matter in future numbers of the *WATER-CURE JOURNAL*.

87 West 22d street, New York.

ERRORS IN WATER-CURE.

I HAVE felt disposed to excuse myself from writing for the *Water-Cure Journal* for some time, because, though there is time for every thing, there is a limit to human accomplishment. My "much-serving," and your many writers, have seemed very reasonable excuses for my non-appearance in your columns. I have now a duty to perform, and therefore I am here.

There are two classes of errors in water-cure, to which I would particularly call attention—viz., the ambitious, and the reckless or careless. The first class obtains with young and enthusiastic practitioners, and such are often the product of much faith and little experience, though occasionally these errors may be found where we least look for them. The rage for experiment is very dangerous, where there is little skill and judgment. I have now in my mind a large number of cases of mal-practice in hydropathy, (I will not say *Water-Cure*), some of which I shall give as warning examples:

A young married woman recently came to me, who had been treated by a hydropathic practitioner in her first confinement. He was not with her at the birth, and there was laceration of the perineum. The accoucheur put on an abdominal bandage, but the hydropath told her it was not needed, and contrary to the advice and entreaty of the allopath, the lady took it off, and the third day took a long walk—she has not been well since. Now, in our artificial state, we are not exempt from the evils of that state—and the glory of boasting that such a lady went out the second, or third day after her confinement, is poor compensation for broken health.

I have never had a case in obstetrics, where I would be willing to trust my patient without a cold, wet abdominal bandage for a month—and I never consent that a lady should take a long walk after her confinement, under a full week, though all my patients are able to get up and go into a bath the day after the birth. The invaluable worth of the vagina syringe, (I mean the curved tube vagina syringe, which holds half a pint), cannot be too strongly urged upon water-cure physicians. I have said before, and I say again, that it is a sovereign remedy for after-pains. I have never known these pains to exist where the patient had cold water thrown upon the uterus with the syringe, directly after full delivery was accomplished, and the abdomen closely compressed with the cold wet bandage. And yet I know several hydropathic practitioners, (I shall not honor them with the name of

water-cure physicians,) who, at this late day, do not use the vagina syringe in prolapsus, or accouchement. We ought to have a college for these at once, for their sins of omission or commission are by no means limited to the disuse of this important means of cure. Another of their sins is a careless neglect of patients. If a person come to a water-cure house for treatment, he has a right to the most constant supervision. To see a patient with serious disease, perhaps of the lungs, once a week, and leave him or her to the comparatively ignorant care of an attendant all the intermediate time, and that, too, in your own house, is either great inhumanity, or a most unpardonable carelessness. I have instanced disease of the lungs; because, in such cases, unremitting attention should be paid to the temperature of the patient. A chill is a fatality to such a patient—that is, a heavy chill, caused by neglect, or too much cold, or other improper treatment; and yet, what are we to think of a practitioner who will leave such a patient for weeks to an attendant in his own house, chilling every day! If no one is guilty of such neglect, I shall do no harm by uttering my warning against the inhumanity, not to say quackery, of such practice.

Another grave error in hydropathic practice, is using too much and too cold treatment for delicate and cold patients. Such are sometimes ordered to take long cold foot baths—a most insane practice. The indiscriminate use of foot baths is about equal in folly to the large and indiscriminate water-drinking prescribed by some doctors. Both are useful at times, but both are very extensively made grievous abuses. The action of the skin is impeded by too cold baths, too long continued, and terrible ulcers are often the consequence, or congestion and morbid conditions of the internal viscera are induced, which, in many cases, prove fatal. There is no doubt that Dr. Ruggles died of this ill-judged and unskillful practice. Excessive water drinking brings great evils upon the system, overtaxing and breaking down the vital powers, and inducing numerous ills which I cannot now particularize.

The warm treatment, adopted by some practitioners who have become frightened by the fatal effects of the cold treatment, is scarcely less foolish than the last. It weakens the whole organism—and, though not fatal in the same way, is a folly not to be tolerated in Water-Cure. I have had a patient of very slight reactive power, who had been at a "Hydropathic Establishment" for weeks, and all his baths had been warm. Meanwhile he was chilled constantly, and grew daily weaker. He begged for a cold bath, but it was not allowed. He left, and came to our house. He grew warm at once, under proper cold baths, and gained strength rapidly.

Water-Cure is not necessarily confined to cold or warm water, but the physician should have skill to administer both properly, or he carries the black flag on the ocean of water-cure, and should be treated accordingly.

"The more of a good thing the better," is an old maxim, which may be very mischievous in some applications. Cold water is a good thing, a blessed thing, but people may die of it, without being drowned in it. The public have to learn that there are no two water-cure physicians who are certain to take the same view of a case, and that there may be fools in our profession, as well as in other modes of practice. What is most desirable is, that the people should learn to reason correctly, and come to right conclusions themselves. The grave of quackery is dug as deep and as sure as the people are enlightened.

Hobbies are always to be distrusted. If a man tells me that *all* his patients take foot-baths, or a douche, or short, wet sheet packs, I consider that man anything but a water-cure physician. If he denounces sweating on all possible occasions, and declares that the douche should no longer be used in water-cure—if he is determined on a general application of the "hunger cure" to *everybody*, why I may as well write him down a fool, as I think him, as to go about hunting for words to express the same thing more delicately.

Different cases require different treatment—sweating in blankets is a most admirable treatment for some patients, whilst for others it would be dangerous and worthless. I have cured a patient who had been well nigh killed with excessive cold treatment, which had induced horrible ulcers, in good part by the sweating blankets. Be sure, I alternated the sweating with other treatment, but I found a sweat as good as a day's work mowing, and yet the doctor who does such mischief generally denounces its cure as "unsentific" and "very harsh."

Water-Cure physicians should be governed by principles—not rules. They should reverence themselves more that they are able to cure disease, than because they have seen Priessnitz, or have M.D. attached to their names.

The readers of the Journal may be assured that they will hear from me again when I feel obliged to write, as now, for their good.

May the good God prosper Water-Cure, and make the mistakes and errors of its practitioners a means of educating the people.

MARY S. GOVE NICHOLS.

87 West 22d street, New York.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR—No. 7.

Celsus and his Maxim—Galen's Birth and Education—Cure the Emperor's Sons—Writes Eight Hundred Volumes—Teachings of Galen—Illustration of Humoralism—Magen-die's Diseases—Little Novelty in Medicine—Life and Practice of Aesclepiades—True Church of Physicians—Surgery in Advance of Medicine—Sir Everard Home's Croonian Lecture—Miraculous Cure of Tobit—Dr. Russell's Travels in the East—Home's Experience with Gall—Cenier's Imitation of Tobit—Explanation of Tobit's Cure—Origin of the Barber's Pole.

CELSUS AND HIS MAXIM.—Aurelius Cornelius Celsus flourished in the time of the Roman Emperor Caligula. His eight books, "De Medicina,"

have procured him celebrity among men in our own times. He followed the plan laid down by Hippocrates, whom he looked up to with the greatest reverence, and the knowledge of whose doctrines he did much to disseminate. He tells us, "that severe diseases require severe remedies." Some of his books were devoted to Surgery, many of the operations of which he describes as they are still performed.

GALEN'S BIRTH AND EDUCATION.—Claudius Galen was the next light of medicine, and as for many centuries he was regarded as an oracle, deserves particular attention. He was born at Pergamos, in Asia Minor, in A. D. 131. His father, Nicon, was a learned man, and early instructed him in all the knowledge of his time. At the age of 17 he devoted himself to the science of healing, and traveled much to extend, by every means, his information. He remained some time at Alexandria, then the centre of general, as well as medical, science. Determined not to abide by the opinions of others, without himself verifying the truth of their views, he soon began selecting from all, and forming a system for himself. After eleven years' study, he commenced practice in his native place, with such success, that at the end of four years, he removed to Rome, which, however, he was soon forced to leave on account of the opposition he met with from his brother physicians, who stigmatized him as a dealer in magic and a mere theorist.

CURES THE EMPEROR'S SONS.—While in Rome, however, he had gained the esteem of many learned men, whose influence was so great that on the Emperor's being sick, he was sent for to attend them. Marcus Aurelius lived, but Lucius Verus died. The former, during his German expedition, left his two sons—Commodus and Sextus—in his care, and they being seized with the plague, was instrumental in their recovery, notwithstanding the unfavorable predictions of his colleagues. These events placed him far above all opposition, and he ruled the medical world with much contempt and haughtiness.

WRITES EIGHT HUNDRED VOLUMES.—He is said to have written nearly eight hundred volumes on various subjects connected with medicine, which being deposited in the temple of Peace, were destroyed when the Goths burned it on taking Rome. He professed to act the part of a commentator on Hippocrates, whose true meaning he did not consider generally understood. He gives the Father of Medicine credit for an extensive knowledge of anatomy and the circulation of the blood. He is said to have been convinced of the existence of a God by dissection. He, in reality, distorted, instead of explaining, the views of Hippocrates, and "was in medicine what Descartes was in philosophy," a thorough materialist. Contrary to his own theory, he bled profusely in plague, and with such success that the spectators once exclaimed, "O man, thou hast cut the throat of the fever." The scattered sheets of his works that happened to

be in the hands of his friends were collected, and have been published in five folio volumes. He died at the age of seventy.

TEACHINGS OF GALEN.—Galen taught that alterations of the blood produced all the phenomena of disease, and that fluid once purified, health would be restored. That his views even at the present day retain their ascendancy in the profession as well as among the people, can be shown, not only by the ordinary language of physicians, but also by the advertising columns of the newspapers, which are filled with notices testifying the great success of innumerable remedies, "in purifying the blood." "If I rightly understand humoralism," says Dr. Caldwell, "their creed embraces a belief in the contamination of the blood in the production of certain diseases, and in the medication of that fluid in their cure." "Yes," replies his reviewer, "this is their creed; and we are the more firmly persuaded of its correctness, since we see it so feebly assailed by one who has long fought in the front rank against its doctrines." Andral, in our own times, lays it down as a universal principle, that the blood is not merely a vehicle to carry to the solids the deleterious substances; but that its actual appearance leaves no doubt of its being altered in its nature." "That the blood is first vitiated by the commixture of deleterious substances, and that it is the vitiated blood which ultimately affects the solids."

ILLUSTRATION OF HUMORALISM.—A good illustration of what humoralism is, and the means of cure in accordance with the system, is afforded by an anecdote related in "Fascination." "During the prevalence of a certain deadly pestilence in the West Indies, the blood of those affected was dark, and almost black. A physician who had been bleeding a patient, discovered that the dark blood, as soon as it was received into a bowl, became of a bright, healthy-looking red color; and, upon examining the matter, found the florid appearance was owing to some table salt which had been accidentally left in the bowl; his sapient brain instantly conceived the idea that it was owing to the loss of muriate of soda (common salt) in the blood that the fever was caused. This fancied discovery changed the whole plan of his treatment, and for a long time, his after practice consisted in injecting solutions of table salt into the veins, and giving it by the stomach. As soon as the matter was published, his fellow-physicians followed his example. The uniformly fatal termination of all cases treated in this manner at length obliged the doctors to relinquish the practice; but not until the hypothesis, like the bodies of ancient heroes, was accompanied to the grave by thousands of victims slaughtered to its honor."

MAGENDIE'S DISEASES.—Of course, according to these extenders of Galen's views, if certain substances are exhibited to the patient that will chemically combine with the blood, and thus deprive it of some compounds and modify others, diseases of any description may be induced at

the will of the physician, a fact which Magendie honestly avows. "For my part," says he, "I declare boldly that I look upon these ideas about life and the rest of it as nothing more than a cloak for ignorance and laziness. All the physician can do is, to order certain remedies, which, if necessary, the nurse could prescribe equally well. You saw me give rise at my pleasure to pneumonia, scurvy, yellow fever, typhoid fever, etc., etc., not to mention a number of other affections which I called into being before you." Had Samuel Thomson read enough to have been aware of these opinions, it is likely enough they would have confirmed him in his views of the worthlessness of medicine.

LITTLE NOVELTY IN MEDICINE.—It may be observed, that in these articles we endeavor to be as practical as possible, and carry up the old theories to their supporters and believers in the present day, thus not only avoiding unnecessary repetition, but also showing that there is much less of originality in the matter than is generally supposed.

LIFE AND PRACTICE OF ASCLEPIADES.—Asclepiades is said to have been the first of the Greek physicians who practiced at Rome. He flourished about the time of Pompey. He at first taught rhetoric, but not finding employment, studied medicine, and soon became famous from the novelty of his theory and practice. He supposed disease to arise from the motion of the particles of the blood and other fluids, being obstructed by the straitness of the vessels; pain and fever thence ensuing. He considered emetics and cathartics too violent in their operation, and would only prescribe injections to obviate costiveness. In fevers, he chiefly relied on a complete abstinence from food for three or more days, until the system was well reduced, and would then give meats and wines cautiously to restore strength. Pleurisies, and similar complaints, where the pain was intense and the fever high, he treated by bleeding; but also cases of a chronic character were attempted to be relieved by dieting, frictions, baths, and exercise. He is said to have pledged his reputation on the preservation of his own health, which he retained to a great age, and at length died from the effects of a severe fall. Few physicians of the present time would accept the same tenure, for their reputations, as it has now passed into a proverb, "That doctors are like guide-posts; they point the road to health, without traveling it themselves." Had his successors pursued his mild practice, it is probable they would not have suffered the disgrace which afterward befell them, for the Romans at length banished from their city the Greek physicians, who had signified themselves in peopling the regions of the grave, in relation to which Cato made the following reflection: "The Greeks, jealous of the glory of the Romans, and being unable to conquer them in the open field, have sent their executioners, who kill us in our beds."

TRUE CHURCH OF PHYSICIANS.—Though a true church of physicians, small in number, followed the teaching of Hippocrates, and continued in the faithful observance of nature, yet the great majority of practitioners were in ignorance of the true principles of medicine. Capable of appreciating only what was rendered palpable to the senses, the causes of disease were referred to the agency of the gods, and the means of cure mainly consisted in invocations to them. The deities of heathen mythology were replaced by the saints of Christendom, and the charming of pain was resorted to even in surgical cases.

SURGERY IN ADVANCE OF MEDICINE.—Surgery was in advance of its sister branch, and much of its practice was really valuable; so much so, that remedies used thousands of years ago, have been employed with advantage in the nineteenth century. As an instance, we will mention the supposed miraculous cure of Tobit.

SIR EVERARD HOME'S CROONIAN LECTURE.—Sir Everard Home, in his Croonian Lecture, 1797, observes that it is an extremely curious circumstance, and probably the most so that can be met with in the history of medicine, that a local application should have been discovered to be of service in a particular disease 2500 years ago, that the same application, or those of a similar kind, should have been in use ever since, and in all that time, no rational principle on which such medicines produced their beneficial effects should have been ascertained. This appears from the following account to have been the case with respect to stimulating applications to the cornea in a diseased state, and can only be accounted for by a want of knowledge of the structure of the parts, which is an argument of uncommon weight in favor of the study of anatomy.

MIRACULOUS CURE OF TOBIT.—In the Apocrypha we find, in the book of Tobit, a very circumstantial account of an opacity of the cornea successfully treated by stimulating applications: "When Tobias went down to wash himself in the river Tigris, a fish leaped out of the river, and would have devoured him. The angel of the Lord told him to take out the gall and put it up in safety. Tobias asked the angel what was the use of the gall. As for the gall, said the angel, it is good to anoint a man who has whiteness in his eyes, and he shall be healed. Tobias took hold of his father, and strake of the gall into his father's eyes, saying, Be of good cheer, my father. And when his eyes began to smart, he rubbed them. And the whiteness peeled away from the corners of his eyes, and when he saw his son he fell upon his neck."

DR. RUSSELL'S TRAVELS IN THE EAST.—Dr. Russell, in his travels in the East, gives the following account of the manner in which the Arabians treat inflammations and opacities of the cornea. "An oculist is a distinct profession, and the secret of their applications extends hereditarily from father to son. In Aleppo the gall of a fish was in particular request. What often struck me in

their practice was the successful application of sharp or acid remedies, at a time I should have been induced to make use of the mildest emollient applications." From this account there can be no doubt of gall having continued in use as an application to the eye among the Eastern nations from the time of Tobit to the present day.

HOME'S EXPERIENCE WITH GALL.—Sir Everard gives an account of his own experience with gall, which, in many cases, was highly successful. He also cites an account from a Paris newspaper, which gave a statement of an extraordinary cure effected by the gall of a barbel, in substance as follows:—

CENSIER'S IMITATION OF TOBIT.—A journeyman watchmaker, named Censier, having heard that the gall of a barbel was the remedy which Tobit employed to cure his father's blindness, resolved to try its effects on the widow Germain, his mother-in-law, whose eyes had for six months been afflicted with ulcers and covered with a film, which rendered them totally blind. Censier having obtained the gall of that fish, squeezed the liquor out of it into a vial, and in the evening he rubbed it with the end of a feather, into his mother's eyes. It gave her great pain for about half an hour, which abated by degrees, and her eyes watered very much. Next morning she could not open them, the water, as it were, gluing her eyes up; the son bathed them with pure water, and she began to see with the eye that had the most liquor. He used the gall again in the evening; the inflammation dispersed, the white of her eyes became red, the color returned by degrees, and her sight became strong. He repeated it a third time, with all the desired success. In short, she recovered her sight without any other remedy. The widow Germain was in her 58d year. See had been pronounced blind by the surgeons of the Hotel Dieu. Her blindness and her cure have been attested by order of the Lieutenant-General of the police. She sees clearer and stronger now than before the accident.

EXPLANATION OF TOBIT'S CURE.—The Hippocratic physician could easily account for the effect of stimulating applications, by supposing such remedies to act on the excitability of the part in such a manner as to efface the original diseased impression, and produce an inflammation which the *vis medicatrix* could remove. So easy is it to blunder even in the simplest matters when great laws are lost sight of, and explanations demanded of vital actions, on physical principles.

ORIGIN OF THE BARBER'S POLE.—The barbers were at one time the principal practitioners of surgery, and at one time formed a distinct rank in the Esculapian army, under the name of Barber Surgeons. Even now bleeding and tooth-drawing is regularly performed at many of their shops. It is worthy of remark, that one trace of their former office is retained in their poles. The pole itself signifies the stick held in the hand of the outstretched arm of the patient to

steady it when bleeding, and allow the muscles to contract so as to increase the flow of blood, which last is emblemized by the color of the red spiral, while the white portion represents the bandage put on the arm after the operation is performed.

THE BETTER WAY.

BY S. ROGERS.

As it has been my lot within a few months to mingle in various circles, both hydro and *anti-hydropathic*, I am prompted to say something through the Journal of "matters and things" pertaining to Water-Cure in general. Now no real lover of our blessed mode of healing the sick can any more avoid constantly making inquiries of its progress, and speaking of its superior merits, than the drug poisoner can help deriding and cursing the system which is so fast unfolding the "mysteries" of his profession. I say this in all deference to the wiser part of the profession, for the spirit of honest inquiry is cultivated by many.

Professing a love for the science I advocate and practice, it has been peculiarly interesting and pleasing to me during the past year to converse with people in different localities upon the subject of Hydropathy. Everywhere may be found willing audiences,—in every town, numbers who are eager for that knowledge which will convince them that drugs are useless. The public is awakening to the sober fact that *poison*, when taken into the human system, is an *evil thing*,—hence we can easily understand why so many are searching for a "better way." But prejudices founded in ignorance will long exist, for that blessed era has not yet dawned when "*all who run do read*." Many honestly suppose that we hydropaths are possessed of but "one idea," that *water*, and *water alone*, is our remedy. Others, again, shudder as they mention the "Cold-Water-Cure;" as if, forsooth, we had entered into a league with *icicles* and the demon of *starvation* for the special torment of our patients.

Prejudices like these are too common, and notwithstanding water as a prophylactic and therapeutic agent has been successfully employed for ages, there are people at this mid-day of the nineteenth century who start with astonishment when told that upon the proper employment of *water, air, and food*, and the rational exercise of mind and body, *hang all the laws of health and longevity*.

So potent is the morbid love of *ease*, begotten by excessive indulgences and undue excitements, that man, in his present stage, is prone to listen attentively to the siren whisper which tells of happiness without exertion, while a deaf ear is turned to the voice of reason, that tells him *real happiness*, either *physical, mental, or moral*, is gained only by *labor and watchfulness*. Too many have yet to learn that *physical happiness*, like its twin sister, the *moral*, is only to be realized and retained by virtue of the vigilance with

which it is sought and nourished. The illustrious Franklin's good advice in *money* matters holds equally true when applied to matters of health. Avoid *little* transgressions and the *big* ones will take care of themselves.

It is pretty well established in the mind of that portly personage, the public, that Hydropathy does well enough for *chronic* diseases, but that these diseases, in most cases, originate in the maltreatment of *acute* affections, has yet scarcely entered the philosophy of her reasonings. And her half-enquiring eyes of amazement are still wider opened when the honest hydropathist vindicates the doctrine, both by precept and practice, that *all acute diseases* are not only more *curable* under the potent influences of "nature's remedy," but curable at less expenditure of *vital energy, time and money*. The two latter, I am sorry to say, are, by many, in these days of commercial strife, steam-engines and lightening telegraphs, considered more valuable than the former.

A word to the "professional brethren," and this rambling epistle shall be closed.

It has been said by our *opposers*, that cases reported through the Journal are not sufficiently explicit in relation to *symptoms*; and that we are more ready to *name* any given disease than to fully *describe* it.

Now as it is particularly desirable for the well-being of humanity that these doubting Thomas-es of the "old school" should become convinced of their evil ways, I would suggest the removal of every little hook whereon their doubts can possibly hang. I can think of no better way than to faithfully report from our "bed-side notes," without comment or name of the disease. I presume this will be satisfactory; if not, please inform us what will.

WORCESTER, MASS., 5th mo., 30th, 1850.

AN INQUIRY CONCERNING THE NATURE OF DISEASE, AND A RATIONAL MODE OF CURE.

BY P. H. HAYES, M.D.

THERE are good grounds for believing that the great mass of human diseases (except the strictly surgical), in all their types and phases, are caused by morbid matter—matter alien to the healthy tissues of our organisms, which has either intruded itself through the skin, the air-passages or the alimentary tract, or has been formed in the body itself by pathological changes, or physiological decay. Reason alone would seem to afford support to this belief. Disease must own a material as immaterial cause; that our brains, blood or nerves are ever directly disturbed in their functions by spiritual causes, we have not the least proof. True, passions and mental emotions may cause disease, through the inscrutable agency of the nervous system, but in all such instances there is good reason to believe that some material change is effected in some of the elements of the body, which change is the final cause of the perverted function.

To illustrate. It is well known that mental

influences will cause defect, excess, or perversion of different secretions.

Excessive grief is not accompanied by tears: excessive fear stops the salivary secretion, and increases and perverts that of the bowels—jealousy and melancholy indulged, are supposed to vitiate the bile; Dr. Watson mentions a case of a young friend of his, who brought on himself "intense jaundice" from needless anxiety about an approaching examination in the College of Physicians, and adds, *scores* of such cases are on record. The proof is very striking in the perversion of the mammary secretion—thus says Sir Astley Cooper: A fretful temper lessens the quantity of milk, renders it thin and serous, disturbing the child's bowels, producing intestinal fever and griping—this secretion may in this manner be so altered, as to cause death; the following instances are of high authority. A carpenter fell into a quarrel with a soldier in his own house: the latter drew his sword upon him; the carpenter's wife first trembled from fear and terror, then sprang furiously at the soldier, wrested away the sword, and broke it in pieces; after the quarrel was ended, and in a state of strong excitement, she took up her child from the cradle, where it lay playing, and in the most perfect health, never having had a moment's illness: she gave it the breast—in a few minutes the infant left off nursing, became restless, panted, and sank dead upon its mother's bosom. An English surgeon (Mr. Wardrop) mentions that having removed a small tumor from behind the ear of a mother, all went well, until she fell into a violent passion: the child nursing soon after, died in convulsions. From these and similar illustrations, the inference seems justified, that mental influences act as causes of disease, by inducing molecular changes in some of the elements of the body.

Further illustration and proof of the general materiality of the causes of disease may be found in the fact that several classes of disease are confessedly produced by morbid matter, somehow introduced into the body. A large number of types of fever are everywhere attributed to miasmas. The cutaneous diseases known as the exanthemata, among which are measles, scarlet fever, and small-pox, are demonstrated by the common experience of mankind to depend upon an aura or virus, or substantive something communicable from person to person. In all epidemic and endemic diseases, the most rational induction has produced a general conviction that in a subtle or gross *material something*, lay the specific cause. Isolated forms of disease are confidently believed by good pathologists to fall into this category. Dr. Watson mentions a kind of asthma which he ascribes to some kind of emanation from certain of the 'grasses that are in flower about the time of hay-making. Scrofula and the matter of tubercle depend upon a mal-assimilation of the fibrinous elements of the blood. It is further an undoubted fact that a large number of morbid conditions of the body may arise from retention of the common excre-

tions of the body in the blood from disorder of their separating glands. Drs. Watson and Williams speak of gout and rheumatism as dependent upon some morbid matter retained in the blood, and Dr. Prout seems to consider this as the lactic and lithic acids generated by imperfect assimilation. Bile and urea (secretions of the liver and kidneys,) are positive poisons, and when their elimination from the system is entirely suppressed they cause "typhoid symptoms," extreme depression and coma, which speedily end in death; and in these cases, and those of *gradual* suppression ending in death, these same excrementitious matters, which ought to have passed off by the liver and kidneys, can be detected in the solids and fluids of the body. See further on this subject Williams' Pathology, first American edition, page 97.

(To be continued.)

THE LIFE AND CORRESPONDENCE OF ANDREW COMBE, M.D. By GEORGE COMBE. 12mo. pp. 428. Muslin, price \$1.25. New York. Fowlers & Wells.

THAN ANDREW COMBE, very few men, living or dead, have done more toward popularizing the subjects of PHYSIOLOGY and HEALTH. His works, which are numerous, are published in many languages, and scattered over the civilized world. Who has not heard of COMBE'S PHYSIOLOGY! or COMBE ON INFANCY! or COMBE ON the PHYSIOLOGY OF DIGESTION! No one who makes any pretensions to an acquaintance with the "LAWS OF LIFE," are without these works.

In the book before us, we have the "MIND OF THE MAN" mirrored forth in a style truly captivating. The correspondence is also deeply interesting. In the preface to the American edition, the writer observes—

"Seldom is the biography of a man of letters or of science distinguished by many personal adventures and stirring incidents. These, while they captivate the attention of the crowd, do not furnish materials for abiding instruction, nor the best models for imitation. What it most concerns us to know is the home life, the daily labors, and the character of him who has devoted himself to the improvement of his fellow-men, as a teacher with his pen and tongue, and, if happily it may be also as an exemplar, in his own person, of the truth of the precepts which he inculcates.

"The lesson is made more instructive, if there be revealed to us the struggles which the subject of the biography had to make against the depressing influence of poverty or of disease. Successful progress in the high-road of general or of professional literature is, under such circumstances, true heroism, and entitles him to admiration and respect in a higher degree than are

so readily conceded to the successful soldier, and to the daring adventurer into unknown regions.

"In these respects, the Life of Dr. Andrew Combe commends itself to our favorable notice. It exhibits a man whose childhood was passed in a state neither favorable to health nor to the best culture of the affections, and whose manhood was ushered in by alarming disease, which, although often remitting in its violence, was ever his companion until the day of his death. Yet, notwithstanding these adverse circumstances, his mind was gradually developed into a state of maturity and even vigor, which enabled him, under the impelling power of a resolute will and high conscientiousness, to be a teacher and a guide to his fellow-creatures, in the means of preserving their health and cultivating their intellect, conjointly with the better and kindlier sentiments of their nature.

"The *Life and Correspondence of Dr. Combe*, as written and arranged by his brother, Mr. George Combe, constituting the present volume, abounds in a great variety of topics. It treats of the effects of different climates on the invalid who is threatened with or actually laboring under pulmonary consumption; and gives minute directions for his conduct both at home and abroad. Advice and precepts are, also, offered on the ever important points of education—national, collegiate, and private—with reference to actual wants and adaptations. Great questions of morals and ethics, and the minor but still useful ones of personal deportment and thrift, are brought before the reader in the letters to friends, and occasionally in the more formal replies to the interrogations proposed to Dr. Combe. Not less pertinent and instructive are his remarks and precautions on Public Hygiene, and on the internal economy and government of Lunatic Asylums.

"In the selection and arrangement of his materials, the biographer has combined what was due to fraternal affection with the requirements of philosophic impartiality; and he has thus acquitted himself with success of a task, the delicacy and difficulty of which was increased by the very nearness of his relation to the subject of this biography."

In closing this brief review, we would most earnestly recommend "every lover of his race" to read this book, and thereby avail himself of the experience of one who has labored long and zealously in promoting the best interests of humanity.

WATER-CURE ESTABLISHMENTS.—We find the following paragraph in one of our Albany exchanges, of recent date:—

"These establishments are springing up, one after another, over the country. We look upon all enterprises of this sort as signs of promise—that at least the spirit of inquiry and experiment is abroad among the people. Without reproach

to any venerable or superannuated theories, we must take leave to think, that the scientific application of water affords by far the surest remedy for the devastations which may have been inflicted on the human constitution, by drugs, patent medicines, tobacco, or any other violation of the laws of health and life."

MEDICAL EDUCATION.—The report of the Committee of the National Medical Convention, at Cincinnati, asserts that the medical schools in our country are too many, the students too numerous, the professors too few and incapable, the quantity of instruction too limited, the quality too superficial, and the preparatory training insufficient. But the committee have no means of remedy to suggest, as no control can be exercised over the schools, beyond the influence of the profession. They think our best medical college far below the European standard, and this one has been several times on the brink of dissolution. They, however, recommend all physicians to withhold their patronage from all druggists who deal in patent nostrums. They regard all these medicines as highly pernicious to the character, and no regular member of the profession should, directly or indirectly, countenance them.

WATER-CURE.—By an advertisement in this day's paper it will be seen that Mr. H. H. Kellogg is to open a Water-Cure Establishment in this village. Dr. N. Stebbins, who has become a thorough convert to the water-cure system, by having tested its efficacy in his own case, is to be the physician.—*Clinton (N. Y.) Signal.*

HEALTH AMONG THE SHAKERS.—The beneficial results of industry, simple food and regular habits, are seen in the fact that the Society of United Brethren, (Shakers) at Enfield, Conn., numbers 269, and not a death has occurred among them for fourteen months.

"We must be unanimous," said Hancock on the occasion of signing the Declaration of Independence, "there must be no pulling different ways."

"Yes," observed Franklin, "we must all hang together, or most assuredly we shall all hang separately."

MISS BEECHER ON WATER-CURE.

MISS CATHERINE E. BEECHER recently communicated to the Tribune the results of her experience and reflections in relation to the Hydropathic system, which are worth placing on record. They will be found to agree essentially with the experience of all hydropaths in this country, if not in all countries.

Some three years since I wrote several articles, setting forth the value of the *Cold Water-Cure*, which, at the time, were extensively circulated. As it afterward appeared that many persons were thus induced to resort to establish-

ments of this description, there has been a consequent feeling of *responsibility* in this matter, in regard to all or any who may have been, or are likely to be, influenced by opinions so expressed.

During the intervening periods, I have enjoyed great opportunities by reading, inquiry and experience, to test still farther this mode of medical treatment; and as it is possible that the results thus obtained may be made of service to the public health, it is with this hope that the following article has been prepared.

The following are the general principles which it is believed *experience* has established in regard to the use of cold water as a remedial agent:

First, That for the *preservation* of health the use of cold water in general ablutions is imperative, and as a general rule is safe for all, though there are exceptions even to this rule. But the *cure of disease* demands a peculiar and *scientific* use of water, study, skill and experience, the same as is needful in the use of drug medicines, so that medical men who have not read and experimented in this branch of medical treatment, are not qualified to judge of its merits, or to adopt any of its methods in their practice, till they have at least read the standard works on this subject. And not unfrequently it happens that the ordinary mode of employing water as a remedial agent, is contrary to the rules of experience obtained in Hydropathic treatment, and seriously hurtful. The use of the *shower bath*, now so common, needs to be regulated by *rules* which are not generally understood, and for this reason it is frequently a cause of mischief, especially for nervous persons and to the young.

Second: The success of the Hydropathic treatment demands a physician who is not only scientific and experienced, so as to be able to detect the true nature of the disease, but one who is careful and attentive in observing the effects of his prescriptions. The writer believes that in large establishments, unless regulated with express reference to this point, the patients are very likely to suffer from neglect, so that if they are not injured, their recovery is greatly retarded or entirely prevented.

Third: Another scarcely less important requisition is *intelligent* nursing. If a physician is ever so well qualified to prescribe, all his skill may fail if the nursing department is delegated entirely to ignorant and heedless persons. The writer has known such frequent and such serious suffering and wrong from neglect in this particular, that no language can be too strong in warning the sick to inquire and observe in regard to this matter, before commencing a course of Hydropathic treatment. The carrying out of the physician's prescriptions should always be superintended by the physician himself, or by some intelligent, well-educated person, who has a knowledge, either by reading or observation, of the various indications that occur in the treatment, and which ought to be made known to the physician *as soon as they occur*. It is believed that the failure of *very many* to obtain relief from disease, has been owing to neglect in this depart-

ment. An intelligent superintendent of the nursing department is needed in every large establishment, not only to observe and report the results of the nursing, but to secure faithfulness in those who perform the details of the drudgery. It should also be the duty of this person to secure a faithful obedience to all the *laws of health*, in regard to ventilation, clothing, diet, exercise and sleep. Inasmuch as a part of the success of the water-cure depends on obedience to these rules, care and faithfulness in this respect is of great value.

Fourth: It is believed that the purity of the water has far more influence than has been supposed, both in the rapidity and the *certainty* of a cure, especially in those diseases in which unhealthy humors and abnormal secretions are to be discharged from the system. The writer has seen results in an establishment where the water was peculiarly pure, which altogether exceeded anything she ever observed or heard of in institutions which could not command this important item.

Fifth: It is important that the public should understand that there are *two schools* in the Hydropathic world, one of them following what is called the *heroic* treatment, of which PRIESSNITZ is the exemplar; the other adopts a more moderate method, and the German author, FRANK, is probably the fairest exponent of this school. The writer is fully satisfied, both from her own observation and from the testimony of others, that in *this country* the more moderate system is not only the safest, but the most efficacious. The heroic treatment originated among the hardy, phlegmatic German race, and both the system, and the German physicians who administer it, are not appropriate to the more delicate, nervous, and highly excitable temperament of our countrymen, and especially of our countrywomen.

A SERMON ON CLEANLINESS.—*Don't take those dirty drinks; cool yourself with the fresh, clear water that you can now have straight from the distant hills in your very home. Whitewash your cottage, and open your windows. Don't grudge either time or money, that is spent in cleanliness; and try to live where your neighbors are clean also, lest you should be poisoned with their dirt. For DIRT IS POISON! It gets into the body through the pores of the skin; and the dirty gases enter with the air into the lungs. It mixes with the blood, and makes it corrupt; and often fevers, cholera, consumption, and other fatal diseases are the result. All slops, middens and undrained places help to poison the air; and we should wash them away as fast as ever we can. There ought to be a drain and water-closet in every street; and, above all, a plentiful supply of water to flush the dirt away. The places where many of the poor reside are only fit for drunkards; they are too bad for beasts. If workingmen spent part of their drinking-money in house-rent, such places would be deserted, and soon pulled down.*

A clean man respects himself, and educates his eyes and nose to the observance of decency. He is not afraid of going anywhere, or ashamed of being in the company of any one. The dirty man cares for nobody, and yet slinks away from the sight of respectable people.

CLEANLINESS IS NEXT TO GODLINESS.—An habitually dirty man can hardly be religious. He is breaking one of the first of nature's laws. Cleanliness in person prepares for purity of heart, and for a reception of the life-giving principles of the Gospel. **FRESH AIR, PURE WATER AND GOOD SOAP FOREVER!**

PRUSSIC ACID IN CHOLERA.—In the London Medical Times (Allopathic) of Nov. 12, 1849, Dr. Downing mentions his having used Prussic Acid "in extreme collapse, with manifest advantage." Mr. Shea, at Dr. D.'s suggestion, "tried it in more than one hundred cases of Cholera, and stated his conviction that it was superior to anything that he had ever before employed. He had given it to children as young as nine months old with excellent effect, and he had never in any case found prejudicial effects follow its use." Both of these gentlemen are of the Allopathic, or regular practice.

[This last clause sufficiently accounts for the wonderful virtues ascribed to this deadly poison. As a general rule, the worse the poison the better the remedy with allopathics.—ED.]

AMERICAN HYDROPATHIC CONVENTION.

ACCORDING to appointment, this body, comprised of Water-Cure Physicians, met at the Hope Chapel, New York, on Wednesday, June 19, and organized by the choice of Dr. JOEL SHEW, President; Drs. B. WILMARTH and HUBBARD FOSTER, Vice Presidents, and Drs. T. L. NICHOLS and L. REUBEN, Secretaries.

Letters approving of the objects of the Convention were read from Drs. S. ROGERS, Worcester, Mass.; T. T. SEELYE, Cleveland, O.; CHARLES MUNDE, Northampton, Mass.; and P. H. HAYES, Cuba, N. Y.

A Committee of three, consisting of Drs. HOUGHTON, of New York, BEDORTHA, of New Lebanon, and HAMILTON, of Saratoga, were appointed to draft the Constitution of a National Hydropathic Society. We have space only for the more important articles of this

CONSTITUTION.

Preamble.—We, the undersigned, Physicians and Surgeons, believing in the doctrine of the *Vis Medicatrix Naturæ*, or the inherent tendency of the human constitution to free itself from disease;—and, furthermore, that of all the remedial agents which the experience of ages has shown to be requisite to assist Nature in her

operations, WATER is by far the best, the safest, and most universal in its application; do hereby agree to the following Constitution:

1. This Association shall be styled "The American Hygienic and Hydropathic Association of Physicians and Surgeons;" and its objects shall be the diffusion of those physiological principles which are usually comprised under the term HYGIENE, and the development of the therapeutic virtues of water to their fullest extent, on a strictly rational and scientific basis, and with especial reference to the laws of the human system, both in health and disease; a proper regard being always paid to the various modifications which may, from time to time, result from the progressive advancement of medical science.

2. Any Physician, residing in the United States of America, having received the *degree of Doctor of Medicine*, or a *license to practice* the healing art, and who shall exhibit satisfactory proofs of his competency to practice Hydropathy, may be elected a member of this Association by the votes of a majority of those present at an annual meeting.

Sections 3, 4, 5, 6, 7, provide for the election of officers, the holding of annual meetings, and revisions of the constitution.

8. This Association shall not legislate respecting the practice of its members; nor shall any rules be made respecting the ethics of medical practice.

9. Provides for a public oration at each annual meeting.

10. Committees on Hygiene and Hydropathy, with annual reports.

11. Committee on credentials and qualifications for membership.

12. Annual paying of two dollars, with special assessments.

13. Honorary members.

Under the above Constitution, the following board of officers was elected for the ensuing year:

President—DR. LOWRY BARNEY, Jefferson Co., New York.

Vice Presidents—Dr. Charles Munde, Northampton, Mass.
Dr. T. T. Seelye, Cleveland, Ohio.

Secretary—Dr. T. L. Nichols, New York City.

Treasurer—Dr. R. T. Trall, New York City.

STANDING COMMITTEES.

On Hygiene—Drs. R. S. Houghton, New York, E. A. Kittredge, Boston, Hubbard Foster, Lowell, Mass.

On Hydropathy—Drs. S. O. Gleason, Cortlandt Co., New York, B. Wilmarth, Mass., T. C. Coyle, Georgia.

On Credentials and Qualifications—Drs. Joel Shew, New York, Wm. A. Hamilton, Saratoga, N. Bedortha, Lebanon, New York.

A special committee, consisting of Doctors Nichols, Houghton and Shew, was appointed to prepare and publish the address of the Convention.

Orator for the next annual meeting, S. O. GLEASON, M.D., of Glen Haven; substitute, T. L. NICHOLS, M.D., of New York.

The proceedings of the Convention were characterized by great harmony and unanimity, ex-

cept upon the adoption of the second article of the Constitution; for while a majority of the Convention insisted that all future members should have received the degree of M. D., or a legal license, several members were for placing the test of membership upon qualifications alone. It was urged upon one side, that a conformity to medical usages would give the society the stamp of respectability—on the other, it was urged that a Hydropathic Society, composed of those who profess to be the vanguard of medical reformers, ought not to stand upon the musty precedents of the past, or practice the exclusivism of older schools, by the adoption of a rule which would exclude from the society the Founder of Hydropathy, and many of his most eminent disciples; much less that a body of water-cure physicians should make the diplomas of Allopathic faculties, or the licenses of Allopathic boards of examiners, the test of membership. The speakers on one side contended that the old conservative ground was the highest, or at all events the most expedient—those on the other, that the more liberal course of the society being its own judge of the qualifications of its members, was the most noble, self-reliant, and truly respectable. The section was finally adopted as above; but previous to adjournment, Dr. B. Wilmarth, one of the Vice Presidents of the Convention, gave notice that at the next annual meeting he should move such an amendment of section second, as to make qualifications alone the test of membership.

[In performing my duty as Secretary of the Convention, and of the Society, in reporting the above proceedings, I take the opportunity of personally entering my earnest protest against the principle embodied in the second section. I view it as far behind the spirit of the age, truckling to the low forms of the schools of medicine we are exterminating, and utterly opposed to the liberal and enlightened public sentiment upon which all the success of our system of practice depends.]

In the evening, the Society held its first public meeting, at which addresses were delivered by Dr. R. S. Houghton and Dr. T. L. Nichols. After the transaction of some final business the Society adjourned sine die. The time and place of the next meeting will be fixed by the Executive Committee, and due notice given.

T. L. NICHOLS, M.D., *Secretary*.

NEW-YORK, JULY, 1850.

ALL COMMUNICATIONS relating to this Journal should, in ALL CASES, be directed to the PUBLISHERS, FOWLERS & WELLS, New York.

THE PRESENT NUMBER is sent to those whose subscriptions expired with the last June No. As our terms are payable in ADVANCE, we shall send no more, until directed to do so by those who may wish to renew their subscriptions.

IT WILL BE OUR AIM to adapt the Journal to the wants 'OF THE PEOPLE' EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.

PRESENT SUBSCRIBERS are our main reliance. Those who KNOW the UTILITY of the Journal will work for it, and recommend it to their friends and neighbors, that they, too, may participate in its familiar teachings. Thus shall we be enabled through our friends and co-workers to "do good."

TO OUR CONTRIBUTORS.—We beg to acknowledge our obligations for the valuable scientific and literary contributions with which the Water-Cure Journal has been filled. Of the merits of these contributions our readers will judge, yet we may with propriety state that amongst all the various conflicting theories in medical practice, not an individual has been known to express a doubt in regard to the profound ability of the writers whose articles appear from month to month in this publication.

JULY MATTERS.

BY R. T. TRALL, M.D.

MATTERS AND THINGS IN GENERAL.—Imagine, if you can, an earthly millennium where wasting consumptions, enervating dyspepsias, prostrating palsies, stiffening rheumatisms, deforming gouts, distorting spasms, agonizing neuralgies, blighting fevers, erysipelas blotches, scrofulous sores, cancerous ulcers, inflamed viscera, and mildewed skins abound; in a word, where disease is the general condition and health the exception. You cannot do it. Your whole nature instinctively revolts against such a conclusion. Common sense asserts and experience proves that happiness cannot be divorced from health; that man's highest moral and intellectual state implies his best physiological condition; and what is true of a man individually is true of mankind collectively. "A sound mind in a sound body," is the only proper basis of all the reforms of which philanthropists have ever dreamed. Health reform, then, is the veritable corner-stone upon which the Christian, the social, the political, as well as the medical reformer must predicate all rational faith in a millennial state of the human family on this earth. It has been said very truly, "make people good and they will be happy." That sentiment may be so transposed as to utter another and equally significant truth—make people happy and they will be good.

It is certainly more convenient, more economical, more agreeable, and less laborious for the mass of the people of these United States—in fact, of all countries—to preserve health than to be sick. Why,

then, are so many diseases so prevalent? No answer can be given save that the people are ignorant. And who is there to teach them? Our twenty or thirty medical colleges turn out a few thousands of young doctors annually to go forth among the suffering inhabitants, and teach—what? The laws of being? The philosophy of health? The way of preventing diseases? The manner of returning to nature when diseases have been incurred by transgression? No, no, nothing of the sort. Do you ask why not? Because they do not know, themselves. These things are not taught in medical schools. Are you surprised at this assertion? There is no greater delusion than the general supposition that medical schools are the repositories of physiological science. No. Medical schools teach the art of doctoring, *secundum artem*, to be sure, but no better for the Latin. They teach you how to mix, mangle, mangle, mangle ointments, plasters, poultices, lotions, liniments, cerates, and salves innumerable, how to pound, compound, decompound, and re-compound as many poisons as there were ever frogs in Egypt, and they teach you in what intervals and proportions to take them; and they teach you how to leave it all to the doctor, and how to know nothing yourself, and how to modify, complicate and variate the doses till your pains are smothered or your bodies buried, as the case may be; and they leave you pretty thoroughly impressed with the idea that the more you are doctored the more you must be. Any other course of conduct on their part would be suicidal. What, medical colleges and college-made doctors teach people how to take care of their own health? Why, there is not a medical college in the world that could be sustained ten years, nor a graduate who could find a market for his apothecary stuff the ensuing five years, if such school taught and such graduate practiced according to nature. The popular science of medicine will have no existence after the popular mind is a little more enlightened. And if our favorite branch of the healing art, called hydropathy, which not only cures the sick, but teaches the world how to avoid disease, finds its necessary professors few and far between, we shall not lament the part we have acted in destroying our own business.

MATTERS AND THINGS IN PARTICULAR.—Fleet-footed time again furnishes the fitting opportunity for an interview, specially familiar and constructively personal, between the makers and takers of the Water-Cure Journal. Bear in mind, indulgent reader, that in all these semi-annual interchanges of "mind and matter," we, the party of the first part, are to do the talking, while your part of the conversation is to "read, reflect, and inwardly digest." Premising thus briefly, we proceed to say that the present number commences the tenth volume of this work. We have in times past and gone told you—pardon our presumption if we say *taught* you, many things. There are many other truths not yet written in any water-cure periodical which we desire to communicate to the world. Our friend Noggs, whose eccen-

ticities will cause many to bless Coochinate waters, sometimes says, when lecturing to very large and highly intelligent audiences, "it won't hurt any of you to know a little more."

However conversant you, the reader of our past volumes, may have become with hydropathic lore, we, the first party aforesaid, are "interiorly impressed" that you may continue to journey along with us in the same relation as heretofore, to the mutual advantage of both parties, and the benefit of our fellow-creatures. In behalf of the publishers, who are constantly toiling and expending, to improve the form and matter of this journal; in behalf of the contributors, who endeavor to present such facts, arguments, statistics, illustrations, and practical directions as shall be worthy of consideration; and especially in behalf of universal humanity, which must be relieved of its accumulated masses of disease before it can work out its proper destiny, we appeal to all friends of all reform, for a wide circulation. If those who profit by its contents, and believe in its general teachings, will use their reasonable influence to extend its list of readers, all parties will be satisfied and grateful.

A GENERAL MATTER AND PARTICULAR THING.

—Whether the last volume was an improvement on its predecessors we submit to the public; that the ensuing shall be an improvement on the last, our "law of progress" may be a satisfactory assurance. That the influence of this monthly visitant is extensively felt, its rapidly increasing list of subscribers attests; that it ranks NUMBER ONE, as a practical health journal, we have the almost unanimous testimony of the public press; to all which we may add, that it has already much the largest circulation of any medical periodical we have any knowledge of. We are authorized to state, in the name of all who are in any way concerned in its management, that they are ready, willing, and anxious to discuss all questions of life and health, disease and remedies, in fact all matters of difference on these subjects, and all principles relating to them, before the whole people. With one hand they will steadily point to those pernicious fallacies of the present day, and those crude philosophies of darker ages they are striving to demolish; and with the other to those simple and sublime truths which they are laboring to disseminate. They ask, invite, challenge, rigid investigation and free discussion. In fact, they intend to "carry the war into Africa." Those whose doctrines and practices we oppose as erroneous, will not—we cannot coax, drive, or bribe them to meet us—controversy the propositions respecting which we differ, before the public. They will sneer, scoff, denounce, and misrepresent, most valiantly, in the security of their own technical darkness; but as to letting their "light shine" before the public, they seem to be afraid it will not be duly appreciated, or to regard such a procedure as "casting pearls before swine." Whatever may be the reason, we aver that there are no truths in medical, physiological, or hy-

gienic science but what the unprofessional people can, and should understand; and there are no "fallacies of the faculty," but what should be exposed and exploded. And, as this herald is determined to storm the very citadel of orthodox error, the inspiration of a large company would do much to animate and encourage the steel-pen swords which fight through its columns, as well as to hold its contributors to a more rigid responsibility. Give us, then, a world-wide field, all the people for spectators, and the human race for a jury, and our forces will march onward in the assurance that truth itself is a coat of mail, impervious and invincible.

REGULAR MEDICAL EDUCATION.—At the late National Medical Convention, held at Cincinnati, a committee on education reported—

"That the medical schools in our country are too many, the students too numerous, the professors too few and incapable, the quantity of instruction too limited, the quality too superficial, and the preparatory training insufficient. But the committee have no means of remedy to suggest, as no control can be exercised over the schools, beyond the influence of the profession."

We have never charged anything against the profession worse, or more defective, than this report alleges. But what is deplorably curious is, that ~~no~~ no remedy can be suggested, *because all the influence is exercised by the profession.*

BEEF AGAINST POTATOES.—The Mirror thus replies to a vegetarian who believes it is good *not* to eat animal food:—

"The children of the English nobility are the children of the most inordinate flesh-eaters in Christendom; there is but little difference, we are told, between the diet of the young princes and young peasants in England, but, oh! the difference when they grow up! The grown-up peasant lives all his life almost entirely on vegetable diet, while the nobleman eats flesh, 'and they acquire a stamina which makes them so fine a race.' All the American travelers in England have commented on the palpable physical superiority of the upper classes of England to the porridge-eating peasant. The matter could not be put in a stronger light than contrasting a beef-eating English landlord with a potato-eating Irish peasant."

The above is a fair sample of the most unfair method of reasoning with which this subject is usually treated. The writer tells us to compare a beef-eating nobleman, who lives in a large, commodious house, surrounded by parks and fountains, and having at command all the means of healthful exercise and healthful rest, and healthful recreation, and healthful food in the matters of healthful fruits and vegetables, with a beggarly peasant who lives in a mud-shanty, has not wherewithal to wear clean clothes, who has no knowledge of hygienic agencies, yet who eats whatever of animal or vegetable food he can lay hands on, which from mere poverty is mainly limited to porridge and potatoes, and not half enough of them. The only proper standard of comparison is beef-eating English nobleman, with potato-eating English nobleman; and beef-eating Irish peasant with potato-eating Irish peasant. Then a very different result would be obtained.

SUMMER DISEASES.—As new fruits and vegetables begin to fill our markets, bowel complaints, especially among children, increase. As this has always been the case, the doctors have traced and the public has believed there is a necessary connection between new fruits and vegetables and bowel complaints; and the doctors have generally contented themselves with doctoring the bowels and condemning the fruits and vegetables, without enlightening the public understanding in the matter at all. Now there is a considerable class of our community who, children and adults, use fruits and vegetables freely at all seasons, and never have any bowel complaints at all worth mentioning. How are these things to be accounted for? In this way: The latter class are always careful to select good, well-grown and well-ripened articles. The former look at the effects of half-grown and unripe articles, and summarily condemn the whole vegetable kingdom. Mistaking the abuse for the nature of vegetation, they recommend more concentrated, and more animal, and more farinaceous food at the very season when nature and instinct both point us to the exact contrary conduct. We hold a free use of good fruits and vegetables absolutely essential to the best sanitary condition of the body in hot weather. We defy the whole "flesh, fish, and fowl" race of medical gentlemen, and the whole superfine flour, anti-apple, anti-squash, and anti-potato class of people to prove to us one single case of serious bowel complaint in persons whose whole food consisted of good fruits and vegetables and unconcentrated farinaceous food, provided their general habits were healthful in other respects.

CITY INSPECTOR'S REPORT.—The recent able report of A. W. White, on the amount and causes of mortality in this city, presents some frightful items for consideration. He tells us that this city abounds with pestilence-creating nuisances, which are constantly spreading disease and death around; and yet we question whether the facts presented will elicit the least action on the part of our city authorities. The nuisances particularly designated are "bone and flesh boiling establishments, manure heaps, slaughter-houses, and burial-grounds and vaults." Many others might have been pointed out with at least equal propriety. Among them are distilleries, cow-stables, hog-pens, and underground tenements. The following extract is in itself an awful commentary on those habits of civilized society which are filling the world with premature deaths and needless woes.

"The diseases of infancy and accidents of childbirth, annually carry off a very large number. During the last year this amounted to the enormous sum of 12,023, an excess over last year of 3129. Over 5000 are returned as from cholera infantum, convulsions, dropsy of head, marasmus, and diseases affecting early childhood, while 1320 were still-born, or premature births. The number of these still-born and premature births is STEADILY ON THE INCREASE."

ERRATA.—The June number of the Journal made me say, on page 180:—"The writer has swallowed such nonsense long enough, and the accompanying poems rather too long." For *writer*, read *world*.

Although, individually, I have diligently studied allopathic nonsense, and prescribed, in those days of ignorance which may God wink at, some of its drug-gery, it is among those peculiar favors for which I especially thank Heaven, that I never swallowed much of either. In the same article, page 181, for *therapies*, read *therapia*; and for "*revelations of the medical profession to the public*," read *relations*, &c.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

[Continued.]

STRONG, naked, honest facts are what the public want to satisfy them of the virtues of the water-cure. It is not enough to enunciate principles—we must give their practical operation. We must not only show how diseases *ought* to be cured, but how they *are* cured. The time has come to tear off the veil of mystery with which the healing art has so long been shrouded; and it has been left to the practitioners of the water-cure to teach the people the philosophy of health, the causes of disease, and the means of cure. Whatever may be the ultimate destiny of Hydropathy, its present mission is to enlighten the world upon these most important subjects, to popularize medical science, and to spread everywhere a knowledge of the laws of life. It is a glorious mission—let us labor earnestly for its full accomplishment.

That I may "contribute my mite" to the good work, in what may be for many the most effectual way, I proceed with the record of my cases.

CASE IV.—INFLAMMATION OF THE LUNGS.

For the last year this has been a very prevalent and fatal disease; the less fatal the more prevalent, for the annual report of the City Inspector informs us that in the year 1849, no less than 926 deaths were from this disease; if we allow a mortality of ten per cent. we have over nine thousand cases in a single year, and our doctors would not be willing to admit that there was a larger proportional mortality.

The case I am about to record was that of a fine, florid boy, eight years old, whose parents, having both been greatly benefited by the water-cure, are its zealous advocates. In the early period of the attack, the mother applied judicious treatment, but she was not prepared to cope with the violence of the disease; and the father, returning from business, and finding his boy so ill, came for me.

I found the little patient with a pulse of 130, a hurried respiration, hard, and almost croupy breathing, a constant cough, and great fever. I gave him a chill rubbing bath of nearly ten minutes, which cooled the surface, and somewhat relieved the distress. As the fever rose again I met it with a wet sheet pack, and left him for the night, well bandaged about the chest.

At 9 A. M. the next day, I found him with a continual cough, sonorous breathing, his eyes glassy, his pulse very frequent, and every appearance of a seated disease; which, upon a careful examination,

I found to be complicated with an enlargement of the heart, and in consequence, it seemed, a greater tendency to febrile action. I first rubbed his chest with my hands dipped in cold water, and then gave him a full wet sheet pack of an hour and a half, and left him, much relieved.

The same afternoon I found him again in a high fever, pulse 180, breathing oppressed, and all the symptoms unfavorable. I gave him a thorough rubbing in a tepid bath, one of the best of all remedies in a congestive fever. I brought the pulse down to 120; but the inflammatory action persisted against these active remedies, and the diseased action of the lungs would not admit of the same cooling processes, used to the same extent as in ordinary fevers. It seemed necessary that a certain amount of this action should go on, and it was a delicate point to steer between the excess of action and the prostration of the system.

At 11 o'clock the same night, I found the fever at its height. The heart was beating away at the rate of 140 a minute, with great heat, and a quick respiration. So great was the oppression of the chest that I was induced to resort to hot fomentations as a rapid counter-irritant, but I was not satisfied with the effect, and soon resorted to the tepid rubbing bath, by which I reduced the pulse to 120; but the crisis of the disease required all my care, and I remained with the patient till 3 A. M., giving him a wet sheet pack, and frequently sponging his chest with cold water.

The next morning I saw the benefit of my night's work. The pulse was at 125, and a rubbing tepid bath and pack reduced it to 120. The oppression of the chest was now overcome, the cough became loose, and matter was raised in great quantities. The subsequent treatment consisted chiefly of dripping sheet baths, and bandagings. As the fever declined the patient became weaker; and now, for the first time, he received a little nourishment, beginning with toast water. For four days I was obliged to prohibit anything like food. The least quantity increased his fever. This rule is imperative in all severe cases, and directions of entire abstinence, in urgent cases of inflammatory disease, must be strictly obeyed.

On the sixth day I considered the disease at an end; and this, I believe, is the shortest period in which a regular lung fever can be cured. The process carried on in the lungs absolutely requires time, after it has been once fairly commenced. I would not promise a cure of any case in less than six days, and I should be very sorry to have one last longer. The disease requires delicate management. I doubt not it may be averted at the commencement; but once well established it must be carried through, with a careful regard to the action of the lungs and of the general system.

My patient recovered his strength rapidly, for he had not lost an ounce of blood, taken a grain of calomel or antimony, nor been skinned with a blister. From first to last every application, except the very

doubtful one of the hot fomentations, had been agreeable and efficacious. His pain and oppression had been relieved, and while the fever continued he was hardly conscious of being sick. I consider the case, with its complications, one of the worst I ever was acquainted with, and its successful issue a triumph of the water-cure.

CASE V.—FEVER AND AGUE.

I have long wished to write upon the hydropathic treatment of this disease, the bane and scourge of so many beautiful portions of our country. I know it is an ugly disease—I have an instinctive dread of undertaking its cure; yet I have never known the water-cure to fail, nor a case to last over three weeks, when not complicated with pregnancy, and cases are often cured in a week.

The severest case I have had was that of a Presbyterian clergyman, a stout, florid gentleman of forty, who had been a chaplain in the navy, had had the African coast fever, two attacks of the cholera, and now after a tour of missionary service in a miasmatic portion of the Mississippi Valley, had come to New York with an intermittent of the tertian type, aggravated by all these circumstances, and I know not what quantities of quinine, calomel, and arsenic.

I commenced his treatment with a daily wet sheet pack and full bandaging at night, with the usual ablutions, and what is very important in such cases, a very spare, pure diet. Wishing to rid his system of as much of the "perilous stuff" as possible, I first met his chills with the wet sheet pack. This aggravated the first, or cold stage, but it also shortened it, and the fever which followed was speedily resolved into a perspiration; which, after its first and salutary effect, I checked with a dripping sheet or cold plunge bath. After a few days I changed my tactics and met the access of the chill with a powerful cold douche, which brought the process through still more rapidly, and after a little time, broke up the chill at its commencement. In two weeks the case, though very unpromising, was entirely cured, and no relapse followed. The gentleman's system seemed to be thoroughly renovated. His complexion became clear and fresh, his spirits elastic, and his whole appearance greatly improved.

I should mention that every pack I gave him had the same effects, as the process set up by nature, to cast out the diseasing matter. First the chill, then the heat, then the perspiration; but these water-cure fits of ague and fever are rather pleasanter than the similar efforts of unaided nature. Suppose I had given this man quinine, or arsenic, or any of the specifics for this disease. Is it not evident that I should only have smothered the disease, or changed its action? The cause would have remained in the system, and so would the medicines; and my patient would have had a broken-down constitution, and have died prematurely of some other form of disease.

What a blessing it would be to this country if the application of the water-cure to this single disease

could be universally known ! Dickson considers fever and ague as the original type of all disease. I am confident that no form of disease is better adapted to the hydropathic treatment.

CASE VI.—RHEUMATISM.

Having occasion to get some furniture repaired about the first of May, I employed a worthy Irish cabinet-maker, who complained that his partner was laid up with the rheumatism. At his request I went to visit him. Going into a thickly-settled neighborhood, where a whole block of front and rear buildings had a family on every floor, if not in every room, I did not immediately find my patient ; and while making inquiries, at every place where I asked I found that some one was sick. At last I found my man in a basement ; he slept in one basement and worked in another. By night he had been poisoned with bad air, and by day with tobacco ; but this was not the worst : he had had considerable sickness in Ireland, and had been drenched with medicines. He looked like it. Even the wounds made by accident on his body were badly healed. The rheumatism invaded first one joint and then another, and worst of all he had a bad cough : altogether he looked miserably ; but I was not discouraged, for I had seen how such persons come up, when once under the influence of the water-cure.

In such a case the first step is a thorough cleansing, and this is no make-believe. You want warm water and a plenty—soap and a plenty—rubbing and a plenty. My patient had all these, and the odor that rose from his cleansed skin and opened pores showed that the good work had been begun. I bandaged the rheumatic joints with towels wrung out of cold water, and directed him to put them also around his chest on going to bed. The three succeeding days, I packed him in the wet sheet, and the quantity of foul matter thrown off by his skin is past belief. The bandages to the limbs and chest were continued, and the cough and rheumatism gave way. On the fourth day I gave him the douche, which seemed to put new life into him. The cough still continuing, I directed him to have a cotton jacket made without sleeves, to be wrung out of cold water and worn next the skin, night and day, with the necessary changes for cleanliness. All the time I had directed a pure, careful, and nutritious diet. I discharged him on the fifth day, and he has been at his work ever since.

This worthy fellow was cured of his disease and of using tobacco at the same time, and taught enough to enable him to keep well for the rest of his life. The whole charge was five dollars, which he will save in a short time in the filthy weed he has abandoned. This was pretty cheap treatment ; but when a man works hard for a bare living, it is hard to pay anything for the misfortune of being sick. Often such a man pays for advice that does him no good, and medicines that make him worse. Then the case is hard indeed, but it is the case of thousands.

New York, 87 West Twenty-second street.

CASES IN PREGNANCY AND CHILD-BIRTH.

BY JOEL SHEW, M.D.

CASE 1.—SPASMS OF THE STOMACH, VOMITING, WITH HIGH GENERAL FEVER.

LATE in the month of January, of the present year (1860), I was called early in the morning to visit a young married lady, in Fourth Avenue, who was said to be in great suffering from spasms and vomiting. She had not slept during the night, and it was necessary for her husband to remain up with her the whole time. I found her with very high general fever, and oft-recurring spasms, attended with bilious vomiting. The fact of her being in an advanced stage of pregnancy, with this complication of untoward symptoms upon her, designated the case too clearly to a practiced observer, as being one of both delicacy and danger. The parties in the case had no knowledge whatever of the Water-Cure, or of my particular methods of treatment, and had called me, being the nearest physician, and, as they supposed, of the old school. No medicines had as yet been administered, but the patient, as is common on such occasions, had been deluged with a great variety of articles, in the way of liquid food and drinks, with the hope of "settling the stomach," a process which can seldom succeed, and, as often practiced, is quite sufficient of itself to make even a well person sick.

The patient and her husband both thought, as a matter of course, that "some physic must be given." I told them we would first give a tepid bath, at 70° F. This I assured them would give great relief, and knowing well, too, the great prejudice among English people (for they were English) against bathing in pregnancy, I aided the husband, with my own hands, in administering it, thus to be certain of its being well and faithfully done. This they both thought at the time a rather harsh method of treatment ; but they had employed the doctor, and he being resolute and determined, and gentle withal, they could not refuse. The bath gave great relief, and then, all shivering and cold, a very large wet girdle was put upon the patient, after which she was wrapped warmly in bed, with moderately warm bricks to the feet.

After having allowed the patient to rest a while, a large injection was administered, and with the best effect. Occasionally, too, retching still occurred (for symptoms of this kind never cease suddenly, and, indeed, should not), at which times tepid water was given freely to drink, for the purpose of aiding vomiting.

Thus the treatment was pursued : as the symptoms appeared to demand, the tepid half-bath, with a good deal of friction, the wet girdle, constantly or nearly so, the injections and the water-drinking were kept up. From the first moment onward, the patient recovered as rapidly as could be desired. She slept a good deal during the day, and also well at night. The next morning she was quite well, although weak. She then commenced taking nourishment

gradually. No further serious troubles were experienced during the period of pregnancy.

CASE II.—CHILD BIRTH.

The 4th of April, 1850, the above-mentioned lady, at about the end of eight months of pregnancy, as was supposed, was delivered. There was more or less of pain during thirty-six hours previous to the birth. The pains were rather severe during the most of twenty-four hours, proving that good health, with abundant exercise and bathing, are not necessarily of themselves capable of causing short and easy labor.

The child was born at about five o'clock in the afternoon. Soon a thorough ablution was performed in the sitting bath. No patient ever had a better understanding of what was necessary in the case, and none certainly could be more free from all sensations of false modesty or delicacy. Nor could any one pursue the treatment with greater confidence than she did. There was no time when she could not easily sit up or stand, if necessary, and with the good nursing of her husband, she improved most rapidly. She wore the wet girdle most of the time, alternating, however, now and then, with simple fomentations. She bathed four times during the first twenty-four hours after the birth, washing the whole body thoroughly at each time, the water being moderated to from 60° to 70° Fahrenheit. She sat up during this time about six hours in all, and walked by spells a little in her room. She suffered somewhat with after-pains, but the means before mentioned, together with injections to the bowels, generally brought relief. All along her appetite and sleep were good.

The second day the patient sat up most of the time, and walked to other parts of the house, and for an hour and a half visited a friend. She could have gone abroad in the open air, had it been necessary for her so to do.

The third morning, that is, when her infant was two and a half days old, the patient walked with her husband a distance of about three fourths of a mile, visiting a friend. She was fatigued somewhat, but on the whole, benefited by the undertaking.

After this, she walked abroad in the open air daily, always having to go down from the third story of the house in which she lived. In one week she went about the city teaching her scholars in French, German, music, &c., as she had done up to the very day of labor.

And now to exhibit things in their true light, let this lady's case, as it occurred under water-treatment, be contrasted with the drug treatment employed on a previous like occasion.

Between two and three years before, she was pregnant with her first child. Then, as during the last time, she was attacked with cramps, vomiting, and fever. She was laid by a fire in an almost insensible state, and had mustard draughts placed over a large part of the surface. She was also dosed a good deal internally, and salivated with calomel.

At labor, as well as during pregnancy, she was attended by one of the best physicians of London. It was three weeks before she could leave her bed; in four weeks she left her room for the first, and did not go out of the house until six weeks had elapsed. *She was then no stronger than in two days after confinement, under water-treatment.*

Here, then, was a great difference in the result of the two methods—a difference so great that it cannot possibly be appreciated, except by those who have actually experienced them in their own persons.

One fact more should be mentioned in this case; the lady had been exceedingly depressed in mind through the whole, or most of the period, she, with her husband, having left the old world for the new. A combination of circumstances most perplexing and depressing had worked upon her mind, and she was haunted perpetually with the idea that she must die a stranger in a strange country. Thus things went on till about nine weeks before she was confined, or the time before mentioned, of her acute illness. Then it was, that suddenly, unexpectedly, *providentially*, a great world of light burst upon her; and right faithful was she in the performance of every duty. No sooner were the laws of life, health, and disease unfolded to her ever-active and intelligent mind, than she at once set resolutely and cheerfully to the performing of every task. No item in the ways of bathing, exercise, diet, &c., was ever omitted. The story of her case tells whether or not she was rewarded for her faithfulness.

CASE III.—BILIOUS VOMITING, CRAMP OF THE STOMACH, HIGH GENERAL FEVER, WITH SLEEPLESSNESS.

Early in the morning of the 22d of May, 1850, I was called to visit a lady of this city, about thirty years of age, far advanced in her sixth pregnancy. She had, during this period, as before, been much in the habit of taking alcoholic stimulants, principally in the form of brandy, judging, from her feelings, she needed the stimulus. But its only effect was to render her, at all times, much more liable to take on inflammatory disease.

Four days before I was called, this lady was taken with very severe bilious vomiting, and cramp of the stomach. Two physicians were consulted, and a variety of medicines used. Still the patient continued, day by day, to grow worse, and could get neither relief nor sleep. Being told that she was in danger of convulsions, she and her husband concluded they would change their physician and try the water-treatment.

I found the patient then retching and vomiting almost incessantly, the stomach cramping, the bowels constipated, with high general fever and flush of countenance, the pulse being at 130 per minute, or about double its normal beat, and the patient had not slept for three days.

Treatment.—This was very simple. The whole body was well washed in water at about 80° Fahren-

heit; a full clyster was administered, and wet, cooling fomentations, were put freely over the chest and abdomen. Almost immediately the patient experienced a short but refreshing sleep. The cloths were changed often, the surface was sponged as it became too hot or uncomfortable. The general washing in the wash-tub was practiced once in four hours from the first, which always brought sleep. When retching and nausea came on, tepid water was taken freely to help the vomiting. This gave great relief. No other drink than water was taken, and no food until the vomiting had ceased. After this well-boiled Indian-meal gruel was given, beginning with a single tea-spoonful at first, and then increasing the quantity as could be borne, at the next regular meal-time. After the first day the patient was bathed three to four times in the twenty-four hours. The clysters and fomentations were continued as circumstances required. No very cold water was used in any form.

In three days' time the patient was up and about, and in all respects quite well, though somewhat weak.

CASE IV.—CHILDBIRTH.

Eleven days after commencing the treatment in the above case, namely, on Sunday morning, the 2nd of June, 1850, the patient was taken very suddenly in labor. Within half an hour after the very first sensation of any pain, and before her husband could call me, her child was born, a sixth son. She suffered but little, and was delivered while in the standing posture, but the after-birth remained unborn. I found her weeping for fear that she would be subjected to some horrible water-applications, of which she had read. I told her that my mode of practice was altogether different from that which she so much feared, and that at any rate, no honest physician could ever subject a patient to any process which she could not heartily concur in. I told her, moreover, that I would much prefer that she should have her old physician if she chose, and that she could not possibly offend me, if she would but frankly take her own choice. Her husband then desired that she would pursue that course which she herself preferred. With the explanation I had given, she concluded at once to go on with the matter as I might see fit to advise: "Well," said I to myself, "we will see how a mixed treatment will answer—a little of the old, and a little of the new."

The patient was perfectly willing to be bathed in tepid water, which I also advised. But she wanted the old-fashioned obstetrical bandage or binder, as she had used it before. I explained to her all about its nature and effects, and consented that she might use it if she would take it off at each time of bathing, and at all times when she found it causing too great heat. Her husband bathed her four times the first day in bed; the women would not help at all. She was able to sit up in bed, and the second day and onward, she bathed herself, the old nurse always making herself absent at the time. She had suffered

with after-pains before, but nothing worth mentioning this time. Injections were used from time to time, and the wet towels over the abdomen. The second day the patient was up in her room. The third morning, as I went to her door, I heard some one singing, and on entering, found it was the patient herself, alone, sitting up with her infant in her arms.

The fourth morning the lady was so well, that there was no excuse for a doctor any more. She said she had to keep her room, and mostly her bed, for four weeks always before. Now in three days she was perfectly well, bathing herself repeatedly every day, whereas always before she had never dared wash herself, short of a whole month, *and then only with whisky!* She was now convinced that the only safe way to prevent taking cold, was to bathe.

This, then, may be put down as a remarkable case. Eleven days before labor the patient was very dangerously sick. The birth was exceedingly easy and short, and although such labors are not on the whole as safe as those which are more difficult and protracted, she yet recovered her usual health in a remarkably short period of time, and without any mishap or pain. She bathed but very little, comparatively, although that little told well. No application whatever of cold water was made.

When I commenced writing, I intended giving additional cases to the above, but as room will not permit, I must reserve them for another time. These I have given will illustrate the *average success* of water treatment, when skillfully and judiciously practiced, in the important matters of pregnancy and childbirth.

Let all who love the truth, as it exists in the ever beautiful and yet wonderful operations of nature, as witnessed in the laws of the living economy, profit by the examples I have given if they will.

Corner Twelfth Street and University Place, N. Y.

THE WATER-CURE.

BY E. A. KITTREDGE, M.D.

THE forthcoming number of the Journal, you say, commences a new volume, and many thousand extra numbers will be issued, and, of course, very many novices will read them, who never before heard aught of the Water-Cure. I will, therefore, presuming on my experience, take the liberty to address them particularly, and all others generally.

The Water-Cure has been before the world as a distinctive system several years, not much known, however, in this country till about seven years ago, but long enough, even here, to have its merits well tested.

Let us rapidly, but candidly, take a review of the two great systems—the drug and the water-cure systems—and then "let us reason together."

The drug system has been before the public hundreds of years, which by many of its supporters is considered argument enough in favor of its ortho-

cies in the most celebrated work by the masters of the water-cure. They exhibit a limpid and transparent purity of style, which takes its qualities from their favorite element. Having no special abstract theories to sustain, they deal in plain every-day facts and incidents that come home to the "business and bosoms" of the people. Hence, they seldom fail to be read with interest, even by those who enjoy that palmy state of health which makes them unconscious of stomachs or lungs. The "Water-Cure Journal," as it is one of the oldest, is also one of the most valuable productions of the hydropathic school in this country. It is an admirable specimen of the kind of medical literature to which we have just alluded, and, indeed, has excited no small influence in its formation. No family, whether troubled with "symptoms" or not, should be without it. There is no better manual either for the preservation of health or for the cure of disease. We rejoice to learn that in the hands of its liberal and energetic publishers, Messrs. Fowlers & Wells—a house to which the American public is so largely indebted for many of the most truly instructive and popular productions of the day—it is gaining an extensive circulation, and following in the wake of their common-sense physiological publications, which are scattered so profusely among the "bone and muscles" of our land from Maine to Minnesota.—*Hunt's Merchants' Magazine.*

MINUTES OF THE PROCEEDINGS OF THE SOUTH CAROLINA MEDICAL ASSOCIATION, at its Annual Meetings, Feb. 1849 and 50, together with the Transactions of the Board of Counselors, and the Anniversary Oration. By J. P. BARRATT, Charleston, S. C. Walker and James, printers.

The document is complete. A very elaborate Report of the cogitations of a very learned body of Allopathic Physicians.

It appears that the Treasury Department at Washington appointed a drug inspector, at the port of Charleston, S. C., who was totally ignorant of the quality of drugs, and the large importing houses of the Northern cities, learning this fact, at once ordered their correspondents in Europe to ship through Charlestown, thus continuing to flood the land with an adulterated article. Quite a trick. We have not been advised in regard to the result of this discovery.

The following Resolutions go to show how hard it is to keep the good people "in the traces." The cause of this want of confidence in the "Regular System," and the desire to try new modes, is quite evident, viz., the repeated failures of the "old school" to effect cures, yet the Doctors are determined to prevent the Clergy from trying any thing except what *they* prescribe.

"Whereas, it has been the custom of physicians to extend to clergymen the courtesy of their services gratuitously, in consideration of the respect justly due their sacred office, but, in consequence of the deplorable fact that numerous clergymen have be-

come the advocates of quackery and imposture, by recommending secret medicines and preparations publicly in the newspapers, and more frequently privately to their parishioners, thus using their extensive influence against the true interests of science and the advancement of the medical sciences more particularly, it becomes the duty of physicians to discriminate between those who are the friends of quackery: It is therefore

Resolved, That the members of the South Carolina Medical Association will continue to offer their services gratuitously to all clergymen and their families, when the clergyman is known to be a friend of the medical profession.

Resolved, That no clergyman shall receive our services gratuitously who advocates and recommends the use of secret and patented medicines, either publicly in the newspapers or privately to his own parishioners.

Resolved, That negroes belonging to clergymen are not to be considered in any case as entitled to the benefit of the first resolution, but for attendance on them, our usual rates may, in all cases, be charged."

In the Oration, we find many exceedingly interesting and eloquent passages, going to prove the "Unity of the Race," a theory in regard to which there are two opinions. The whole tenor of this discourse is pre-eminently Southern.

MISCELLANY:

SOCIETY OF PUBLIC HEALTH.—There has been recently formed in this city an association, under the above designation, which already includes among its members many of our most enlightened citizens, and which promises to be the means of great and permanent utility. It has been organized chiefly by the exertions of Dr. Nichols, whose writings on the Health Reform have done much in awaking public attention; and his services have been secured for the responsible office of general agent and permanent secretary of the society. Its objects and operations may be best gathered from the following

DECLARATION.

"Believing that disease and premature death are, in most cases, the results of ignorant violations of the laws of health, by individuals and communities; and that the amount of such sickness, and the extent of such mortality, demand of the intelligent and philanthropic some preventive action; we, whose names are hereunto annexed, form ourselves into an association, to be known as the SOCIETY OF PUBLIC HEALTH, and give our influence and aid.

"To arouse the attention of the public to the necessity of a Health Reform, by public meetings, addresses, lectures, tracts, books, and other suitable publications;

"To enlighten the people by these and all proper means, in the knowledge of a sound physiology, as connected with the preservation of health, the cure of disease, and the prolongation of human life;

"To influence a wise legislation, which shall abolish all destructive nuisances, and secure to our entire population, cleanliness, pure air, proper food, and as far as possible, by municipal regulations, surround us with conditions of health;

"To elevate the standard of medical education and practice, so that the highest duty of the physician shall be the preservation of public health, and his greatest care the prevention rather than the cure of diseases."

CONSTITUTION.

"Any person, signing, or causing his or her name to be appended to the above declaration, and contributing to the funds of the society, becomes, thereby, a member. The amount of the subscription is to be determined by each member according to his ability, his view of the importance of the object, and his sense of duty."

We need not say how heartily we approve of the objects of this society; and our readers may be sure that we shall not lose sight of its operations. In the mean time, all, far and near, who desire to aid in a good work, should join this movement, by sending their names and subscriptions, either directly, or through us, to the secretary, T. L. Nichols, M.D., 87 West 22d street, New York. We predict for this society a high rank among the agents of reform, and the pioneers of progress.

The clause we have quoted from the Constitution, allowing each member to determine the amount of his subscription, is most equitable, for of two equally good and earnest men, one may be as well able to give fifty dollars as the other is fifty cents. The largest and the smallest donations will be alike acceptable.

HYDROPATHY VS. ALLOPATHY, IN TYPHOID FEVER.—A CONTRAST.—A FRIEND writes us as follows, from Maysville, Kentucky: "You now send nearly one hundred copies of the Water-Cure Journal to this Hydropathic town.

"You will discover that we are getting subscribers from every section of the country. The good cause is rapidly gaining favor throughout this part of the world; and we look forward to the day, as not being far distant, when we shall have Hydropathic instead of Allopathic practitioners. I have been dosed alternately, by the Allopathic, Eclectic, and Thomsonian doctors for the last ten years, for dyspepsia. The drain upon my pocket has been very large; my sufferings indescribable; and, like the old lady, who had the 'Balvanic Gattery' applied to her sore eyes, didn't do no good immediately.' Since I have been a reader of the Water-Cure Journal I have LEARNED HOW TO LIVE: I have become a *Vegetarian*, I bathe every morning, wear the wet girdle, occasionally take the sitz bath,—and my improvement has been such, that my friends very often say, I look better than they ever saw me before. I used the cold water injections for some time, but now have no use for them. My eldest son, a boy between fourteen and fifteen years of age, was attacked, last winter, with typhoid fever: at the same time, a friend of mine, an Allopathic physician, had a son of the same age, attacked with the same disease; he was treated by his father, allopathically of course, and cured in the incredibly short time of five weeks;* my son was confined to his bed, lingering under this terrible disease, almost three days. How can we account for this difference? The first case was treated by a very

learned and clever gentleman; a member of the 'learned and skillful faculty,' quack nostrums had no place here, and yet it took five weeks to break up the disease, and restore the patient.

"My son had nothing but a few cold water injections, a sitz bath or two, and the wet girdle, drinking freely of cold soft water, and in three days' time he was as well as ever.

"From my reading and experience, thus far, I am fully satisfied that every disease that can (not) be cured by drugs, can be cured by water, judiciously employed. May the time soon come when Allopathy, Homeopathy, Eclecticopathy, Thomsonianopathy, Tobaccoopathy, and all the other pathies, except Hydropathy, shall be looked upon with antipathy, and numbered among the things that were, (of no use to anybody.)"

DOCTOR-CRAFT.—G. G. Foster, Esq., one of the clever editors of the sprightly little *Merchant's Day Book*, in one of his Washington letters, makes the following remarks on doctor-craft, and the articles of our contributors.

"Pray give my thanks, on behalf of myself and the whole doctor-ridden world, to my old friend Doctor Nichols, for the clear, strong, and sharp-pointed crystal arrows, fashioned from truth itself, which he is shooting into that corrupt and poisonous heart of doctor-craft. A more fatal pestilence, a bitterer curse, than kinger craft or priest-craft, is this deadly and remorseless doctor-craft, which, century after century, while all other arts, sciences, and philosophies, from government to cookery, have expanded and struggled into some degree of light and knowledge, still gropes and growls in barbarian darkness, feeding upon the bodies of its own victims, and making the earth a sepulchre with its loathsomeness and deadly exhalations. God bless—and he will!—all honest, frank, true-hearted men, like Dr. Nichols, who have the heart, the courage, and the strength to strike a blow at this giant monster of the world!"

A VEGETARIAN JOURNAL.—It has been proposed by the friends of this system of Dietetics, to publish a "Monthly Journal," devoted to the advocacy of a vegetarian diet; and the only question to be settled before undertaking such a work, is simply this, "Will it pay? are there a sufficient number of persons interested in this reform to support such a publication?" Should this proposal be responded to, there are a number of able writers who will pledge themselves to furnish articles for its pages. There are now five monthly periodicals devoted to vegetarianism published in England, and it is believed that such a work would be liberally patronized in the UNITED STATES. In order to ascertain the "voice of the people," we have concluded to receive the names of all who would become subscribers to "A VEGETARIAN JOURNAL," should it be determined upon, at \$1.00 a year. Communications may be addressed to the publishers of the Water-Cure Journal.

* I have known of no cases in this neighborhood cured as quickly as this one was, by allopathic physicians.

INTRODUCTION OF VACCINE MATTER INTO JAPAN.

—The small pox has, for many years past, at intervals, committed great ravages among the children of the empire of Japan. Repeated attempts have been made, for thirty years past, to introduce the vaccine matter, but without success, the matter being found to be imperative. We learn from the Singapore Free Press, of April 5, however, that the evil will now be put an end to. By the last Dutch ship dispatched there, a quantity of carefully collected vaccine matter was again sent, put up in different manners; amongst the collection were some pustules, which the chief of the medical service had collected from one of his children, on which the vaccine had showed itself in a peculiarly favorable manner. To this fortunate circumstance is owing, that at last the end so long wished for was attained; for it happened that on one of the Japanese children, vaccinated with these pustules, a beautiful vaccine pock was obtained, while the other lymph sent to Japan proved itself, as on former occasions, inoperative. About nine hundred children were immediately vaccinated at Nangasaki, with good results, and children were brought to spread the matter in more distant parts of the country. The Japanese doctors also came to learn the mode of operation.—*Boston Journal*.

A CASE OF HOME TREATMENT IN WATER-CURE.

—A correspondent gives the following account of the successful treatment of a case of fever. He observes:

"A pretty severe attack of fever was cured in our town, a short time since, by—not calomel, but—cold water and pure air. I do not learn all the particulars, but it was something as follows:—A young married woman was taken in fever, and the neighbors were for sending for Dr. B. or Dr. S. But 'No,' said her husband, 'with my wife's consent, I will cure her myself.' He had just been attending Mr. L. N. FOWLER's lectures, and had obtained of him some works on Water-Cure. So he went to work, and 'packed' her according to rule; giving, all along, what cold water she desired to drink, keeping a circulation of pure air through the room, and the room and bed-room most scrupulously clean. In a few days the patient was up, and is now well and hearty. 'Every man his own doctor,' as the quacks say."

It would be well for many people if they would do resolutely as did the husband in the above case.

SUMMER RETREATS.—It is a custom with thousands of our citizens to leave the noise and excitement of a city life, during the hot season, and seek a quiet and pleasant place in the country. This is as it should be. While in the country we would recommend a little good old-fashioned physical labor, such as our farmers can very readily provide, no matter if it is "laying stone wall." It will do you good to work at it if in health. The numerous Hydropathic establishments all over the country furnish the very best places to resort, even for recreation and rest.

Most of these houses are pleasantly situated, and provided with all the *healthful* luxuries of life. For those who wish an excursion, a trip up the Lakes will be found invigorating and pleasant. As a general thing, invalids are improved by traveling. Those who reside on, or near the Lakes, would enjoy a visit on the sea shore. There are many beautiful places on LONG ISLAND, where a day, week, or month, may be passed pleasantly.

NEW WATER-CURE ESTABLISHMENTS.—At Clifton Springs, on the line of the Railroad, ten miles east of Canandaigua, HENRY FOSTER, M. D., is erecting a model house, capable of accommodating seventy patients. It will be opened on the first of September.

OSWEGO WATER-CURE. — This establishment, which we noticed as being in process of preparation, some weeks since, is now ready for the reception of patients. It is really delightfully located for a residence, and every thing about it is in neat and fine order.

Mr. GRIFFIN, the resident proprietor, will spare no exertions or expense, to please and benefit patients, and the invalid will find in his family all the care and sympathy of home, with all the accommodations desirable for improvement and enjoyment. The attending Physician, Dr. POTTER, is no experimental practitioner, but has a reason for every prescription. He is deserving the confidence of invalids from abroad, as he has enjoyed it in a high degree from those in the community where he has resided. A number of patients have already presented themselves for treatment.—*Oswego Palladium*.

PREMATURE EDUCATION.—That the education of children should not be forced, like lettuces in hot-houses, is becoming a popular idea. The more haste in such business, the worse speed. We find the following opinions of learned authorities on this important subject:

Of ten infants destined for different vocations, I should prefer that the one who is to study through life, should be the least learned at the age of twelve.—*Tissot*.

Intellectual effort in the first years of life is very injurious. All labor of mind which is required of children before the seventh year, is in opposition to the laws of nature, and will prove injudicious to the organization, and prevent its proper development.—*Hufeland*.

PERIODICAL FITS CURED BY WATER.—A clergyman of Ohio writes:

"The Water-Cure is gaining the confidence of our community. Last year it was the means of breaking up periodical fits of a man whom *medicine* and *disease* had reduced to extreme weakness. I earnestly wish some one would come here competent to practice that mode of treating disease."

MEDICAL REFORM.—The subject of medical reform is engaging the attention of the English Metropolitan press. The Lord Advocate has introduced a bill into Parliament on the subject, and the London College of Surgeons, not relishing its provisions, have applied for a new charter, their object being to stave off the reforms contemplated by the bill. They have, however, only placed themselves in a still worse fix, for they have opened up the propriety of giving them a new charter to general discussion, and the press is applying the scalpel to the whole matter.

"HYDROPATHY IS HEALTHFULLY progressing in this latitude, MAYSVILLE, KY. You can say to its friends that we now have a Water-Cure at Esculapia, seventeen miles from this place, where they can be treated philosophically (hydropathically), by C. B. Thomas, M. D., late of Boston, Mass.; and what is strange, the proprietor, (Dr. Curtis, of Cincinnati) is a Thomsonian physician of long and extensive practice. S. S. M."

TO CURE CHILBLAINS.—Wash the feet with water saturated with alum, and draw on a sock made of soft, fine, old linen.—*Agriculturist*.

Wash the feet in rain water twice or thrice each day, and keep a wet cloth on them at night, for three nights in succession, and wear a loose boot or shoe during the day, and you will be free from chilblains.

PUBLIC BATHING-HOUSES.—We shall be glad to publish in the Water-Cure Journal a complete list of all the public bathing-houses in the United States, for the benefit of travelers in particular, and citizens in general. Every village should at least afford one of these conveniences; and we hope the time will come when it will be necessary for every hotel to be provided with bathing-rooms.

Will our friends, in the various parts of the country, inform us in regard to these establishments?

THE WATER-CURE JOURNAL presents its readers with ably written articles from a large number of the best and most common sense physicians in the country. The publishers and editors of this Journal have our most hearty God-speed in the noble work they are doing to regenerate the race with knowledge, truth, and common sense.—*Reformer, R. I.*

In Canandaigua, Dr. H. FOSTER is about to erect a Water-Cure Establishment. Dr. F. has had much experience in the Water-Cure practice. His success will be certain.

OUR NEW COVER.—We are happy to present our readers with the Journal in a new dress, symbolical of its objects. We are indebted to Mr. FIELD for the very appropriate design, and to Mr. WM. HOWLAND for the engraving.

Is it not invigorating, at this season of the year, to look upon a picture so COOLING AND REFRESHING?

NOTICES.

A QUESTION TO SUBSCRIBERS.—Shall we increase the size and price of the Water-Cure Journal, after the expiration of the present volume? We know the answer that a few will give, for we have been urged to double our size and price. Yet we are not in favor of so doing. It is our aim to place the Water-Cure Journal into the hands of every family, which we hope ultimately to do. We shall be glad to hear what our friends have to say on this subject. In the meantime, no efforts shall be spared to extend its circulation at its present extremely low price. See prospectus for terms to clubs on last page.

JOSEPH KEENE, Jr., & Brother, in Chicago, M. P. MORVA, in Pittsburg, and J. C. MORGAN, New Orleans, will supply all our publications at New York prices.

DR. W. PRATT, formerly of Winstead, Ct. Any information relating to the whereabouts of this man, will much oblige the publishers of this Journal.

WHERE IS J. E. RISLEY? May we not hear from him? From his long silence, we are left to infer that he is dead.

ALL communications and advertisements, designed for publication in the Water-Cure Journal, should reach the publishers by the 10th of the preceding month.

WILLIAM CLARK, our friend and co-worker, has sent us over two hundred subscribers. What greater compliment could be bestowed on him than this simple statement?

"WATER-CURE JOURNAL AND HERALD OF REFORM."—We would if we could induce everybody to take this excellent Journal. It is doing a work that no other monthly can do.—*Cleveland True Democrat*.

ANATOMY FOR STUDENTS, with illustrations, will be continued in our next.

NOTICES TO CORRESPONDENTS.

MISS S. MILON, IND.—In the young man's case, the pack might be used every other day, with half or sitz baths daily. Use the cold sheet if he feels warm. He should only remain packed till he seems sufficiently warm to the attendants, whatever may be his own sensations. In the young lady's case, use a daily dripping wet sheet pack twice or thrice a week, and give one sitz and one foot bath daily. The food must be particularly attended to—plain and coarse. The best books for the person you mention are the Water-Cure Manual, Hydropathy for the People, Graham's Science of Human Life, and Alcott on Vegetable Diet.

CHRONIC CATARRH.—J. B. G., Providence, R. I. The wet cloths mentioned in January number, are to be covered with a light dry one passed around the head to keep them in place. Probably a few daily packings, to open and detangle the pores, would be of essential service. The skin and liver must always be particularly attended to in all catarrhal affections.

INSIPID DIABETES.—J. G. This complaint is always lingering, and requires the full appliances of water-cure, with a very rigid diet. Pack sheet daily, two or three sitz baths, the wet bandage, keeping as much as possible in the open air, constitute the outline of the management. Unleavened wheat meal bread, dry, mealy potatoes, a moderate quantity of mild fruit, are the best dietetic articles. Avoid all animal food, even milk.

CHRONIC MUCOUS DYSPEPSIA.—J. M., Londonderry, O. Your case doubtless requires a pretty plain, dry diet, water-drinking frequently, but in small quantities; the wet girdle to the abdomen about half the time,—say wear it three days, then omit three, with a general ablation or rubbing wet sheet every morning, and one or more sitz baths ten to fifteen minutes daily.

A TORPID LIVER.—C. S. T., for a "torpid liver with weak stomach and incidental catarrh," should employ one or two sittings a week, a daily ablation, one half bath daily, rubbing the abdomen thoroughly at the same time, and have the wet girdle very frequently changed. Use mostly unboltoned farinaceous food, with plenty of good fruits; avoid grease, vinegar, and spices.

LIVER COMPLAINT AND PROLAPSUS.—Frequent sitz baths, the wet abdominal bandage, one daily ablation, and the pack occasionally, are the appropriate processes in the case of our correspondent. Avoid all hot drinks. The diet should be mostly solid and dry.

MEASLES.—This disease is managed hydropathically on the same principles as are all continuous fevers. The wet sheet is the grand remedy to bring the eruption to the surface promptly. Regulate the general bathing, as well as local, exactly according to the temperature of the body.

R. L. A.—A Water-Cure Establishment in Xenia, Ohio, properly conducted, would be sure to succeed. Go on with it. The demand for Water-Cure Physicians, all over the land, continues unabated, and we regret that there is no hope of our being able to send one to your place.

R. T. H.—This question of postage has been settled by the Postmaster General, and the statement which Dr. J. made, in regard to "covers," is unfounded, and without influence. The postage according to law on the Water-Cure Journal, American Phrenological Journal, and Student, is precisely what they respectively represent it to be.

W. H. W., M.D.—Your communication relating to "that fatal case of consumption" is received, and will probably appear in our next.

N. W., M.D.—We will return your former communication if it is not mislaid, but fear we shall not be able to find it.

VEGETARIANISM, by J. H. H., is received. Our report of the Vegetarian Convention, in the present number, prevents us from giving it a place.

W. A. H.—All right. You are entitled to a "PREMIUM," and if you double your list, a Water-Cure Doctor in the bargain.

VARIETIES.

EMPLOYMENT IN NEW YORK CITY.—The following advice, which we find in the *NEW YORK SUN*, is important and useful:—"There are hundreds and thousands of young men at this moment seeking, and in a majority of cases vainly seeking, employment in this city. They have come here from every section of the country, allured by the false idea that it is only necessary to enter a large city to command place and fortune. Many of them are intelligent and enterprising; amply fitted to fill posts of high duty and trust, while many have little or no capacity for battling with the exigencies of a city life; without distinct profession or trade, simple adventurers, drawn into the worst of spheres by the false idea of which we have spoken. These young men are to be sympathized with and pitied in their struggle, for it is not a slight suffering he endures who, full of hope and anticipation, finds the oasis of his vision but a desert, and his hopes all barbed with disappointment.

What advice ought to be given these waiting, wandering, and in many cases despairing applicants for labor? They have found the city the antipode of their country dream. One left the plough, another the schoolmaster's desk, another the village store, and all of them left homes and friends, and chances at least of comfortable and honorable livelihood. In an hour of infatuation they rushed into a maelstrom—the great city seduced them to abandon a certainty, and too proud or too ambitious to turn back, but too many of them cling to the false step they have taken, and in the end consent to pursuits which can only debase and possibly ruin them.

We would be kind in our advice, yet we must be plain. We have repeatedly urged young men of the country bent on trying their chances in the city, to be sure before they abandon the comfort, certainty, and independence of home, for some honorable and profitable employment in the city. It is worse than folly, it is madness, for any young man in the country to come hither, buoyed simply by the pictures of his fancy. The city is always an overthronged place. Every avenue to employment is crowded, and for every vacant post a hundred ready applicants are in waiting. One might, without friends and special commendation, search weeks and months, nor find the labor that would furnish him bread. To disappointed and vainly-struggling young men of this class, we would say, go back to the country, to your homes, or to any place rather than remain here in suspense, suffering, and agony. There is labor enough for you all somewhere, but of all places, your chances are least in a great city. Where one of you succeeds in finding employment here, a hundred will fail; but none of you need fail, if you will only exercise common sense, and seek a field less crowded, and better fitted for your capacities."

MANY YOUNG MEN find it a source of great profit to engage in selling good books, such, for example, as relate to Hydropathy and education, and thus obtain agencies for such publications as the *WATER-CURE* and *PHRENOLOGICAL JOURNALS*, or the *STUDENT*, all of which are published monthly, and may be introduced into every neighborhood throughout our Union. This, young men, would be vastly better for you and the world, than any situation you could obtain in any of our crowded cities.

THE measured distance from the Battery, New York, to 154th street, in the northeastern part of the same city, is nine miles.

LAW vs. JUSTICE.—Every day new and additional illustrations offer, how far the forms of law and justice defeat the great ends for which they are made, as the following case will show :

"There are some cases where law, if it is law, should be no law at all. One which, in our opinion, partakes of this character, has recently occurred in Orange County in this State.

"About twenty years ago a man named Ebenezer Seeley married a Miss Brader, at Goshen, N. Y. They moved to Elmira, N. Y., soon afterward, and he became an intemperate and worthless fellow. They separated, and he returned to Orange county. Some seven years ago she sued for and obtained a divorce in the sixth Judicial court of this State, on the ground that he had committed adultery. She then married a man named Eliash O. Crosby, who went to California, and is said to be a member of the convention which framed the Constitution of that State, now before Congress. He is said also to be a member, at present, of the California Senate. It is more than probable, therefore, that he is an enterprising, worthy man, endeavoring to make, in that new land, a fortune for the family which he has left behind. The old husband, Mr. Seeley, however, has lately sued the new husband, Mr. Crosby, for connection with his wife, on the ground that the divorce granted by the Sixth Circuit is a nullity, because the Vice-Chancellor who granted it had no jurisdiction over a citizen of Orange county. The jury gave Seeley a verdict of \$1000. Thus has the drunken husband, through the turnings of the law, triumphed over the wife whom he abused and deserted, to whose application for divorce he made no defence, but suffered the case to go against him by default, thereby acknowledging his guilt.

"Such, in some instances, is the injustice of Justice.

"In this case, the law is less to blame, however, than the jury, who, if compelled to find a verdict for plaintiff, ought to have given six cents as nominal damages.

"Our code of Justice requires to be re-written, simplified, and rendered more efficient."—*Cist's Advertiser.*

PREMATURE BURIAL.—The Boston Transcript says the writer of this is acquainted with a gentleman who once narrowly escaped a fate which is past the mind of man to conceive one more horrible. He was then in New Orleans, at a time when the yellow fever was raging, and among others he was stricken down with that terrible disorder. After several days' illness, in which the disease utterly baffled the skill of the attending physicians, his case was declared a hopeless one. At last, life became apparently extinct, and he was announced dead. Preparations were made for the funeral, friends were notified, the coffin was procured, the body placed in it, and a military company, of which he was a member, was drawn up in front of the door, prepared to perform the last honors.

Just at the moment when the lid of the coffin was about being closed, the body exhibited signs of life—the trance was over—and the house of mourning became the house of rejoicing. The military company, instead of marching off to the music of a melancholy dirge, were exhilarated with the melody of "Yankee Doodle." It was never known, for a certainty, what became of the cartridges furnished for the volley over the grave, but it is probable they were put to some better use.

The gentleman above alluded to is now conductor on one of the railroads running from this city, and he is at present, and has been ever since his recovery from the fever, as hale and hearty as most men of the present generation.

LADY JANE.—The following beautiful verses, on a favorite HORSE, were written by the late Mrs. FRANCES S. OSGOOD :

LADY JANE.

Oh! saw ye'er creature so queenly, so fine,
As this dainty, aerial darling of mine?
With a toss of her mane, that is glossy as jet,
With a dance and a prance, and a frolic career,
She is off! She is stepping superbly away!
Her dark, speaking eye full of pride and of play.
Oh! she spurns the dull earth with a graceful disdain,
My fearless, my peerless, my loved Lady Jane!

Her silken ears lifted when danger is nigh,
How kindles the night in her resolute eye!
How stately she paces, as if to the sound
Of a proud, martial melody playing around,
Now pauses at once, 'mid a light caracol,
To turn her mild glance on me beaming with soul;
Now fleet as a fairy, she speeds o'er the plain,
My darling, my treasure, my own Lady Jane!

Give her rein! let her go! Like a shaft from the bow,
Like a bird on the wing, she is speeding, I trow—
Light of heart, like of limb, with a spirit all fire,
Yet away'd and subdued by my idlest desire—
Though daring, yet docile, and sportive but true,
Her nature's the noblest that ever I knew.
How she flings back her head, in her dainty disdain!
My beauty! my graceful, my gay Lady Jane!

HEDGES.—The best hedges in the United States, says the Genesee Farmer for May, extends about a mile along the highway on a plantation of about 3,000 acres, near Augusta, Georgia. It is the Cherokee Rose, which is now in full bloom, presenting a magnificent floral spectacle, and filling the atmosphere with delicious perfume. No animal without wings can get over or through it. Having stood forty or fifty years, it still promises a good fence for a century to come. The owner and occupant of this splendid estate, Mr. D'LAZELLE, was a St. Domingo planter at the time of the insurrection and dreadful massacre by the blacks, and was so fortunate as to escape to the United States.

Who would not have a beautiful hedge, which, in point of real utility and durability, far surpasses every other kind of fence? Consider, for a moment, and look through your imagination upon a nice little farm, all enclosed with a beautiful hedge in full blossom. Who would not enjoy it? And yet those who own farms may thus beautify them at a small expense.

CORNERS have always been popular. The chimney-corner, for instance, is endeared to the heart from the earliest to the latest hour of existence. The corner cupboard! what store of sweet things has it contained for us in youth—with what luxuries its shelves have groaned in manhood! A snug corner in a will! Who ever objected to such a thing? A corner in a woman's heart! Once get there, and you may soon command the entire domain. A corner in the Temple of Fame! Arrive at that and you become immortal.—*The Dollar Times.*

All very fine, but nothing to compare with a corner in a "bath tub," full of cold water, in a hot summer's morning.

REFORM! REFORM!—We need a reform in our common laws almost as much as in the "old school" regular drug system of medicine.

THE WATER-CURE JOURNAL.

HYGIENE AND HYDROPATHY.*

BY ROLAND S. HOUGHTON, A. M., M. D.

Mr. President and Gentlemen :

It is with feelings of no ordinary pleasure and satisfaction that I rise to address you on the present occasion: the success which has so far attended our united efforts to place HYDROPATHY upon a firm foundation in America, is a sure guaranty that the cause of humanity and truth will be greatly promoted by the labors of the Association this day organized. The pleasure I experience is, however, commingled with some little personal regret that the shortness of the time allowed me for preparing to address you has prevented me from devoting to my task that careful study and nice research which you have a right to expect. I shall endeavor to atone, however, for any short-coming on my part by making my observations as brief and pertinent as possible, in order to afford my professional brethren who are to follow me in order, a fair opportunity to supply my defects.

An opinion has been recently expressed with regard to the remedial uses of WATER, by a distinguished medical practitioner of our country, which requires at our hands something more than a mere passing notice. I refer to a *new position* taken by Dr. John C. Warren, of Boston, in his Valedictory Address as retiring President of the American Medical Association, at the annual meeting of that body, held in Cincinnati a few weeks ago. The public prints have taken the pains to chronicle the fact that this address was extemporaneous: we are consequently obliged to rely upon a newspaper report of the remarks in question. The passage to which I would invite your attention, is thus rendered by the Cincinnati Gazette of the 9th of May:

"With respect to cold water," observed Dr. Warren, "it was so valuable, so necessary, so beautiful an agent, that it would not be wonderful if an enthusiast were to be excited in its favor; but such was not its repute in the early part of his practice, when it was not permitted to come in contact with the whole person, and was often excluded from the sick chamber. But there were fashions in medicine, and lately the fashion in this respect had changed. He recollected when it was fashionable to give calomel in almost all diseases, in all ages, in both sexes. When a person had a cold he took a grain of calomel, and when attacked with fever, the physician ordered him from one to one hundred; and, notwithstanding the horrible consequences which so frequently presented themselves, the practice had been continued to a late period. A young practitioner in those days would not dare to go into consultation and admit that he had used no calomel in a case of typhoid fever. Now, it had been proved by eminent men, that typhoid fever may be got over without

calomel, and, perhaps, with little other medicine. What, then, was the use of the physician? To direct the course of the patient and prevent his falling into errors from which nature might divert him, but which his own inexperience and that of friends would be urging him into. He recollected further when it was common, in all cases of consumption, to administer prussic acid, phytolacca and digitalis. And what did he now see approaching from the North-East? A direct wave from the banks of Newfoundland, threatening to roll over the country,—the supply being even insufficient to roll over the demand for *cod-liver oil*. (Great laughter.) But they had only to stand by, let the current pass, and some other fashion would come up. In reference to the application of Water, Dr. Warren expressed his regret that so valuable an agent should have become affiliated, in this country, with one of the most remarkable medical fictions which any generation had produced."

I need not say, gentlemen, that it is to this last observation that I would more especially direct your attention. What Dr. Warren has advanced with regard to the frequent changes of fashion in medicinal practice—from the CALOMEL panacea to the now-popular cure-all, COD LIVER OIL—sufficiently indicates that his views on the subject very nearly coincide with our own: his abhorrence of the one "remedy" is fully as great as his contempt for the other. His professional estimate of the value of WATER, is *precisely* like ours: to quote his own words, "*it was so valuable, so necessary, so beautiful an agent, that it would not be wonderful if an enthusiast were to be excited in its favor.*" And yet, Dr. Warren found reason to regret that this agent—"so valuable, so necessary and so beautiful"—"should have become affiliated in this country with one of the most remarkable medical fictions which any generation had produced." Now, what does this mean! "Fiction" denotes "falsehood;" ergo, the medicinal uses of WATER in America have, in some way or other, become "affiliated" with imposture. What is this imposture? Does Dr. Warren allude to Hydropathy? Why, here is a passage from a little work written by this same Dr. Warren not many years ago, in which he expressly says: "*Hydropathy to a reasonable extent—and in competent hands it is always reasonable—is founded in good sense and exact observation.*" Now, this written language of Dr. Warren does not at all agree with his *extemporaneous* address before the Association at Cincinnati:—always provided that, in the latter instance, Hydropathy was the subject of the remarks I quoted at the outset. The question now arises, whether there are not some special reasons for believing that Dr. Warren *did* refer to Hydropathy in his Cincinnati address,—notwithstanding the tenor of his printed admission. I think it clear that there are. (1.) In the first place, Dr. Warren was addressing an audience composed of medical delegates from all quarters of the Union, in annual Convention assembled, for the express purpose of

* An Address delivered before "The American Hygienic and Hydropathic Association of Physicians and Surgeons," at their first annual meeting, at Hope Chapel, New-York City, on Wednesday evening, June 19th, 1850.

sternly frowning down any novelty whatever that "disturbed their peace." In the second place, two years before, at the session of this same Convention, in Baltimore, HYDROPATHY had been contemptuously spoken of in a Report presented by Dr. Oliver Wendell Holmes, of Boston; the best that that well-known and popular poet would say of the Water-Cure was this: "*that much indirect benefit MAY result even from the experiments of the hydropathist, notwithstanding the illusions and impositions that surround the fountain of the SILESIAN BOOR.*" [I must say of this, in passing, that it was a most unworthy fling; and one that will redound far more to the discredit of its poetical author, than the person he sneers at as a "Silesian boor." When Dr. Oliver Wendell Holmes, of Boston, with all the advantages of a good medical education, has cured by his drugs and medicines alone one-hundredth part of the number of cases that have been successfully treated by VINCENT PRIESSNITZ, of Graefenberg, notwithstanding his lack of "medical science," so called, by the sole means of WATER and hygienic remedies, then, and not till then, will he have any right to talk of "illusions and impositions."] (3.) In the third place, it is reasonable to infer that, as Dr. Holmes's Baltimore flippancy in 1848, was found palatable to the members of the American Medical Association, so Dr. Warren, in like manner, deemed it most expedient to administer a similar "sop to Cerberus," in the year 1850. (4.) Fourthly and lastly, the prevailing appetite of the great body of "the regular practitioners" (so called) for some strong language like that of Dr. Holmes just quoted,—some bitter tirade against any innovation in medical treatment which might possibly have the effect of sending some of their number back again to school, to "learn their lesson over again"—is convincing proof of itself that I have correctly indicated the reason of Dr. Warren's assuming his novel position with regard to Hydropathy.

And now, gentlemen, you have a right to ask, "To what does all this tend? It is no new thing to us, this flippant denunciation of Hydropathy by the old-school physicians—this vague declaiming against they know not what, and *will not* learn. What moral, then, do you propose to draw from the 'case' you are making out against Dr. Warren, of Boston?" Why, simply this: that so long as the healing virtues of WATER are left to work their own way into the confidence of the regular profession, and the community in general, unaided by the combined efforts of a strictly medical Association, *organized on the right basis*, just so long will the Water-Cure in America be exposed, however unjustly, to the ban of empiricism, and its educated and conscientious practitioners subjected, in consequence, to the taunts and jeers of every routine doctor in the land.

The question now arises, whether the Association, this day organized, will accomplish the purposes for which it is designed. What are those purposes? And what is the creed of the members of the Society, that distinguishes them most plainly from all other schools?

I. In the first place, the preamble to the Constitution avows the belief of the members in "the doctrine of the *vis medicatrix nature*, or the inherent tendency of the human constitution to free itself from disease." Is this any novel doctrine? No! It dates as far back as the times of Hippocrates himself, "The Father of Medicine." But is it a generally received doctrine among the routine physicians? Do they recognize in their treatment any strong, curative tendency on the part of nature, or do they place their main (if not their sole) reliance upon the drugs that they prescribe? Alas, that I should be compelled to say that their mode of treatment evinces very little (if any) confidence in the *vis medicatrix nature*. Look at their formidable array of remedial agents—the long list of narcotics, sedatives, astringents, alteratives, stimulants and tonics, antiphlogistics and cathartics, anti-spasmodics and emetics, sialogogues and errhines, epispastics, diuretics and diaphoretics, disinfectants and expectorants, antilitics, escharotics and antacids, emollients and demulcents, anthelmintics and antidotes: and does not the existence of this sort of standing army of medicines plainly point out the main features of the Allopathic campaign? Does it not presuppose that nature has been prostrated by disease—prostrated so hopelessly that its only chance for rallying lies in their goading? Are we not led to believe that the human constitution may be so completely overwhelmed by any given malady, that it can only be rescued by being overwhelmed with medicines? Are we not led to infer that the body is so poor, so senseless, nerveless, enfeebled, as to be incapable of resisting the march of disease: and hence the necessity of pouring into its cavities and tissues a strong counteracting force? Does allopathic teaching impress upon our attention this reasonable inference: that as nature has endowed *THE EYE* with a faculty of self-protection, to the end that the beautiful and delicate organ of vision may be the more thoroughly secured from all dangers of which the senses *could not* take cognizance in sufficient season for action, so, in like manner, it has implanted within our vital organs—those organs that constitute, as it were, the very seat of life—a species of enlightened *INSTINCT*, that, like a watchful sentinel, detects an enemy and gives an alarm long before the eye of reason or science could discover any mischief? Does Allopathic teaching, anywhere in this country, impress, as it ought, upon the minds of the thousands of students, who are every year graduated, this grand truth: that, in their warfare against disease, they are to consider themselves bound to closely observe and carefully follow the dictates of nature, as shadowed forth in the symptoms which the sick-bed presents; and that they are not to interfere with diseased action when, to the best of their judgment, that action is a right action, but that they are to reserve their heroic treatment until such time as there is good reason to fear that nature is in danger of suffering from an unequal encounter: does Allopathic teaching, I ask again, impress all this! Alas, no! Let me give one

forceful illustration of my meaning. When those shocking accidents occur in this city of New York, of which we are so often apprised in our daily prints—when some unhappy wretch is picked up stunned and senseless in the street, no matter from what cause, what kind of a scene is presented when the crowd gathers round? Woe betide the doctor if he does not seem inclined to *bleed*! [The crowd has the utmost confidence in bleeding: it caught the infection from the allopathic teaching of a day that has happily gone by.] Well, in obedience to the mob, the routine doctor, without thinking of using *water*, which would render blood-letting unnecessary, or even thinking of the present law of allopathic surgery—never to bleed in such cases *without waiting for reaction*,—abstracts blood from his patient and shakes his head despondingly, but learnedly, as the man dies under his hands. The crowd thinks it was “all right,” so far as the doctor was concerned, but the case was “too far gone,” and “he knew it before he began, though he did not tell *them* so.” “Oh! what a wise doctor!” is the universal sentiment of the crowd, on beholding the learned shake of the head I have already described. The newspapers chronicle the incident next day, and pathetically intimate that the man persisted in dying “notwithstanding every thing was done for him that the best medical advice could suggest!” What a tragical farce! Would that there were more doctors than there are, who dare to think for themselves in such a case as this—who disregard mobs, and set bleeding out of the question: and why? Because Sir Astley Cooper, if he were alive to-day, would have the less reason to repeat his famous declaration of old, that “the science of medicine is founded on conjecture, and improved by murder.”

Say what they will, our allopathic brethren may rest assured that when they yield to the clamor of an ignorant and superstitious multitude, as is too often done, a part of all this ignorance and superstition is *reflected back* upon themselves, and makes its own mark upon their treatment and science. If it is allowed to become a popular belief that it is the sticking-plaster which heals up the cut finger, why, it is not an uncommon thing for a doctor to learn to believe it himself in the long run! There is no standing still for a medical man: if he advances far enough to attain his doctorate, he must still keep advancing, if he would be true to his calling and himself; otherwise he will subside into that very poor thing, a *routine doctor*, and, as I have said before, learn to believe, by and by, that there is some magical virtue about sticking-plaster which accomplishes something *more* than merely keeping the cut edges in union: he will persuade himself finally that it changes the secretions, sets the exhalants and absorbents hard at work, modifies in some way or other the action of the capillary blood-vessels, and so works a cure. Tell such a man that all the sticking-plaster can or ought to do is to supply one leading, necessary condition for a speedy cure—that

is, keep the cut edges together, and let nature take care of the rest in her own way, and ten chances to one he will denounce you as an empiric! But what is the use of wasting ammunition upon such a poor thing as that?

But before I leave this particular branch of my subject, one word about Surgery. It is the privilege of the great operator—the wielder of the scalpel, the trocar and the knife—to win far more of popular applause than the consulting physician. The world at large thinks it a wonderful thing to take a man's leg off in so many seconds by a stop-watch: they never stop to think that a carpenter might do precisely the same task in about the same time, and very nearly as well—barring want of practice. Now, what I wish to say is this: the surgeon's task is ended when he has amputated what the system could no longer retain with safety—in other words, when he has supplied the one leading, necessary condition for a cure to be effected; *Nature does the rest*. Just so in the case of a fractured arm: it is not the surgeon, with his splints and bandages and dressings, who makes the fragments unite; he only supplies the necessary condition; he brings the broken parts properly together, and he keeps them together: *Nature does the rest*. And so, gentlemen, in a variety of other disorders, both medical and surgical, which I have not time to specify to-night. Suffice it if I have said enough to convince you that we have good reason to assume the existence within the human organism of some strong vital principle (I do not care by what name it is called,) which is constantly warring against disturbing influences in all shapes, in all stages, and in all conditions, more or less feebly, of course, according to the state of the system.

II. In the next place, gentlemen, we fully recognize the necessity of remedial agents in medical treatment. Although, as I have just explained, we look upon nature as always presenting a strong and reliable conservative tendency in the human economy, still, in a world inhabited by so vast a number of individuals, who know little or nothing of nature and her laws, and whose daily life is more or less artificial, we are compelled to take cognizance of this important fact: that precisely in proportion to any individual's neglect or disregard of the laws of his being, will be his liability to disease, and the stronger its hold whenever it has fastened itself upon his system. In a healthy organization, disease can find but a poor foothold: the man who is habitually prudent and careful of his health—the man who appreciates the value of thorough ventilation and a healthy skin, a rational diet and judicious clothing, tranquillity of mind and correct habits generally,—has little to fear from the attacks of disease. Such a man as I have described has no business to make a remark like this, which one may hear every day: “*If I should be taken down very ill to-morrow, I hardly know what kind of treatment I should depend upon.*” I say he has no business to talk in this way; and why? Because, so long as, with his healthy organiza-

tion, he faithfully observes the laws of his being, he is *proof* against disease—and he ought to know it. Disease does not come upon us without cause; there are laws which regulate human life as well as any other system or constitution, mental, moral or physical; and the man who breaks any of the laws of his being, knowingly and deliberately, ought to know, if he suffers any physical distress, that he is atoning for his transgression; he is not suffering from any sudden, providential visitation, according to the popular cant of these modern times. The Supreme Intelligence that fashioned the earth and every thing that it contains, ordained laws over all; laws of life and health as well as of life and gravitation: THE WHOLE UNIVERSE IS SUBJECT TO LAW: *nothing is left to caprice.*

You are now prepared, gentlemen, to sustain me in the position which I am next to establish: that whenever any individual is attacked with disease, who has habitually disregarded the laws of life and health, it is the first indication to make him return to their observance—to take him out of his close, ill-ventilated bed-room, and place him in an atmosphere which will be better adapted to human respiration; to strip him of the mountain of clothes which he is sure to be sweltering under, and reduce him to a state of more rational comfort; to bathe the foul skin, all clogged up with impurities, and so set its myriads of pores free to go actively to work; to withhold all improper articles of diet, and to enjoin that rest and tranquillity of mind which befit the sick chamber. In other words, gentlemen, we convert air, and light, and food, and rest, and clothing, and personal cleanliness, into *remedial agents*—these six, usually comprised under the designation of *HYGIENE*. Does allopathic teaching give due prominence to these agents? Do they stand in the front rank in the *materia medica*? Alas, no! I say it more in sorrow than anger, but it is none the less true that a knowledge of these six agents—indeed, of *HYGIENE* generally, in all its wide and diversified details,—is a sealed book to nine-tenths of our allopathic graduates; and that it constitutes a branch of medical science which has been more generally neglected than perhaps any other. Had the same zeal been devoted to the investigation and dissemination of hygienic principles during the past fifty years, that we have seen bestowed on the study and preparation of poisons, it is very unlikely that those who in this year 1850 feel the necessity of going back to the first principles of medicine, would have been this day engaged in the formation of an *American Hygienic and Hydropathic Association of Physicians and Surgeons*.

III. In the third place, gentlemen, I am to say something in regard to the remaining principle resting at the foundation of our Society. You have seen that, in the first place, we believe in the curative tendency of nature under favoring hygienic circumstances; and in the second, that we recognize the necessity of remedial agents—always taking care to resort in the first in-

stance to hygienic treatment whenever the aforesaid hygienic circumstances are unfavorable. In the next place, we take the ground that “of all the remedial agents which the experience of ages has shown to be requisite to assist nature in her operations, *WATER* is by far the best, the safest, and most universal in its application.” We do not take herein any obstinate exclusive, *ultra* ground: we do not assume that water is the *only* remedial agent which the experience of ages has warranted our using, and that those who employ other agents in their practice are, from that very fact, no better than poisoners and assassins. We occupy no such position, nor will we submit to have it forced upon us from any quarter whatsoever. We recognize in the profession of medicine a band of earnest-minded and honorable men, all having one common object in view—that of healing the sick—and all having an inalienable right to practice medicine, according to the best of their judgment, in any given case. We all know that, as the tendency of mankind for years and years past has been to depart more and more from the ways of nature and simplicity, so have diseases multiplied, and artificial remedies been devised, to counteract the effect of artificial diseases. Taking the world, then, as we find it,—and this we cannot help doing,—it is not in the least surprising that a body of practitioners has been trained and educated in the belief that *medicines* are in *all cases* necessary in order to ensure any kind of success in medical treatment; and there is no use in denying the fact that the great mass of the people really like to take medicine, and accordingly keep up that active demand for it which makes the drug-business so lucrative at the present day. We must bring to the consideration of this subject, therefore, a wide liberality. We must make all due allowances for human prejudices and for the infirmities of human nature. Sir Charles Scudamore, M. D., F. R. S., etc., an English practitioner of more than forty years’ standing, but a warm and earnest friend of rational Hydropathy, says expressly on this very point: “In regard to the opposition of a great part of the medical world to this innovation [of Hydropathy] ‘on the ordinary practice of physic, looking at human nature, we must attribute a little of it to its interference with settled interests.’ It would make a terrible inroad upon allopathic practice, gentlemen, if the pill-box, the potion, and the ‘elixir pro,’ the blister, lancet, and drastic purge were all swept out of use! The routine doctor would find his occupation gone, and the druggist would subside into a smiling shopman, retailing perfumery, tooth brushes and soap!

“We must attribute a little of it” (says Sir Charles Scudamore) “to its interference with settled interests.” I am not one of those (if any there be) who would attribute *the whole* of the opposition of the allopathic fraternity to the spread of Hydropathy, to any such mean, unworthy motive. No, gentlemen! We must attribute a good deal of it to the natural disinclination of a learned and dignified profession to go back to

school again, and learn something about what was not taught them in their day—the medicinal properties of WATER. We must also allow something on the score of that professional sensitiveness, which recoils from contact with any new theory, unless it has a fitting introduction to the scientific world. On this point allow me to quote the pertinent and conclusive language of Dr. Erasmus Wilson, the celebrated London anatomist: "The water practice has effected important results in the treatment of disease, and will, I trust, be instrumental in restoring to medicine one of her most valuable and important auxiliaries. Medical men may be jealous that these benefits have been 'conjured from the vasty deep' by other hands than those of the high priests of Therapeia, but they have no just reason of complaint; the treatment of disease by water had been improperly neglected; now, however, its merits may be tested, and the test aided by public encouragement; moreover, the remedy will revert to those who are alone qualified to employ it, and we may fairly hope that a correct system for its use will be established by their labors."*

This language, gentlemen, is in precisely the right spirit. Would that it could find a cordial response from our allopathic brethren all over the land, and would that they could study the capital *Treatise* of this same Dr. Wilson "on *Healthy Skin*," with one half the zeal which I know they devote to his work on anatomy.

And now to return to the consideration of the position we have assumed in regard to the employment of WATER as a medicinal agent. As I have already stated, we have taken the ground that Water is "the best, the safest, and the most universal" of our remedial agents. I again repeat, this is not a position of exclusiveness, or of one-ideaism, but rather of comparison. And now to proceed to make that comparison. Let us suppose, for example, that, some how or other, a full-grown man, of tolerably good constitution, falls ill of fever, and Dr. Routine is sent for. Upon his arrival, the patient is required to sit up in bed, and the worthy leech proceeds to bleed him until he sinks down fainting. This course is adopted because allopathy regards the lancet as its most powerful remedy to counteract inflammation. It certainly does counteract it, for the pulse of 120 is very soon knocked down by means of the lancet, until no pulse is apparently left; and why? Because the man faints. Perhaps when the patient recovers his consciousness, he recovers his fever too, and his pulse runs up again to 120. What then? Why, Dr. Routine sets him up once more in bed, and bleeds him a second time, and a third, and a fourth, and a fifth, if necessary. I hardly need add that, in connection with all this bleeding, Dr. Routine nauseates, and purges, and blisters, as the occasion suggests. Well, what is the result of all this active practice? How does the account stand? Before the patient fell ill, I have said that he was possessed

of a tolerably good constitution; so I set that down as his *capital of health*. Now Dr. Routine, in the course of a month or two, apparently gets the upper hand of the fever—that is, the pulse is no longer 120, there is no burning heat of the surface, or high color in the face; the patient does not toss to and fro, with delirium threatening, and the functions of the body are not so entirely suspended as they were. Perhaps the patient is able to "walk out;" that is, hobble feebly along on the arm of an attendant, muffled up in flannels and warm clothing, "to keep off the air," and wearing a pale, cadaverous, anxious, care-worn countenance. In the course of a few weeks more, he is able to take a little more active exercise, and eventually he recovers a little bloom on his cheek; but follow him on to the end of the chapter, and what grisly monsters are those that Dr. Routine has let loose upon his unhappy frame! Pain, feebleness, and general derangement of the system—catarrh, headache, dyspepsia and dropsy—a small, puny, wiry pulse, and other symptoms indicating ossification or some other change about the left valve of the heart—precisely such effects as Magendie, the celebrated French physiologist, has proved to constitute the result of profuse blood-letting. Has not Dr. Routine made some little inroad upon the capital of health!

And now, gentlemen, let us glance at the other side of the picture. Suppose that, instead of Dr. Routine, the friends of the patient had called in a regularly-educated physician, familiar with the various uses of WATER. How would he treat the case? Why, simply enough. He would endeavor to accomplish the same end that Dr. Routine had in view, but he would set about his task in a very different way. Instead of opening the veins and letting out the vital fluid, he would leave the *capital of health* untouched: he would cool down the heat of the patient, and at the same time keep down the pulse by means of frequent wet sheets, and abundant water drinking. At the same time he would apply the same element to the task of cleansing the stomach and ridding the system of any incumbrance; previously taking care to summon to his aid those hygienic appliances—fresh air, proper clothing, rest, quiet, and good nursing generally,—which I have before referred to. Now, how will this treatment answer? Why, in the first place, the man will be about as well as ever in a week! There will be no pallor on his cheek, no languor about his frame, no halting in his gait. *The fire has been put out with the proper element, and there is an end of it: there is no sequel to the story.*

Is this too strong a contrast, gentlemen? Has it not been proved true to the life, over and over again, all over the country? And has it not been proved true, in like manner, that in acute complaints generally, as well as in fevers, WATER is the safest and most reliable agent for reducing inflammation? I know that facts bear me out in all these positions, and I know furthermore, that they are carrying conviction every day to the mind of every liberal-minded allopathist in

* Vide "Balwer and Forbes on the Water-Treatment," p. 132.

the country, who is willing to avail himself of every fair opportunity of witnessing a good trial.

I may now consider it as an established truth that the water-treatment, judiciously applied, is completely successful in violent fevers and all manner of complaints of an inflammatory type. It is very evident, therefore, that water is a powerful antiphlogistic, purgative, diuretic and nauseant. Let us now see if it has any tonic and alterant effects: does it effect any invigorating change in the system? Certainly it does, and more rapidly than any other known treatment. What did the great German chemist, Liebig, say to Sir Charles Scudamore? "By means of the Water-Cure treatment a change of matter is effected in a greater degree in six weeks, than would happen in the ordinary course of nature in three years." How is all this brought about? some one of you may ask. Why, not only is the water a tonic and an alterant, but so is the food, and so is the air, and the exercise, and the whole variety of hygienic and hydropathic remedies. And so I might go on, gentlemen, to the end of the chapter, and prove to you that this poor despised element *water*, in competent hands, will bring about results which the whole of the allopathists' *materia medica* has attempted, but in vain; but time would fail me. I am aware that, as yet, I am only upon the threshold of the theme I have broached; but this is the misfortune of an occasion like the present. I can only trust that I have suggested some few thoughts, in passing, which may induce you to prolong the investigation in your own way and style, at some time hereafter. Should I have only succeeded, in these few practical remarks, in interesting only one of you in the subject I have presented, you will believe me when I say that I shall be abundantly repaid.

One word, ere I close, in regard to the need of EDUCATED PHYSICIANS to conduct the water-treatment in a scientific manner. It is doubtless familiar to most of you, that Dr. John Forbes, of London, late editor of the British and Foreign Medical Review, Physician to the Queen's Household, etc., exposed himself to great obloquy on account of his efforts to induce his brethren to countenance and adopt rational Hydropathy; or, to quote his own words, "to rouse anew the attention of the legitimate members of the profession to the great value of cold water as a therapeutic agent, and thus, if possible, to stimulate them to rescue its use from the hands of ignorant non-medical pretenders and charlatans." Experience has shown that the allopathic fraternity, both in England and America, will not take any public steps to respond to this appeal. Three years and more have elapsed, and yet Hydropathy has been hitherto left to fight its own battles as it best may. But a new era, I trust, is now about to dawn upon the Water-Cure in America. The Association just formed cannot fail to have a tendency, if its objects are faithfully and vigorously carried out, to vindicate the claims of rational Hydropathy to confidence and respect, and commend them to a wider and more general ac-

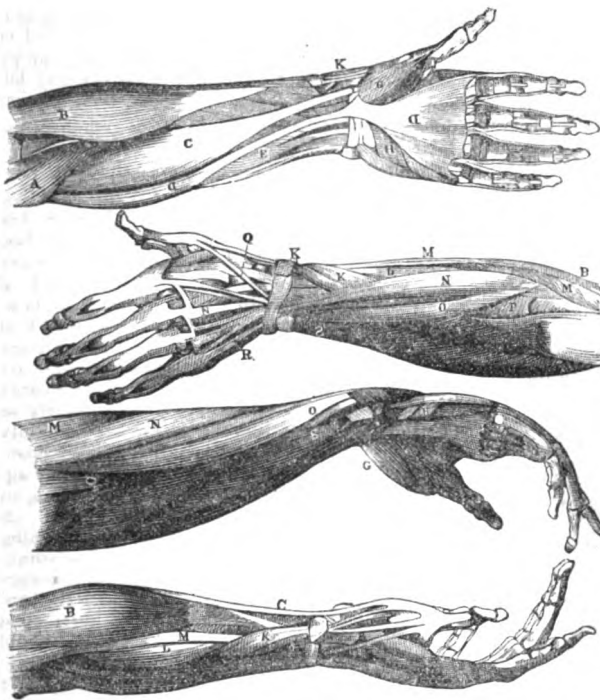
ceptance. We can do nothing, however, unless we take care that our ranks are solely supplied with qualified practitioners, capable of applying the remedy of our choice in a scientific manner, "at the proper time, in the proper cases, and in the proper manner:" for in this way only can we sincerely testify our devotion to the cause of humanity and truth, and the genuine improvement of medical science.

THE EFFECTS OF SPIRITS ON A HEALTHY SYSTEM.—With respect to the employment of alcoholic stimuli by healthy men, under circumstances of ordinary labor, there can be no doubt whatever, and both science and observation teach us so, that they are totally unnecessary. If, however, the question be, whether there do not at times arise circumstances in which extraordinary exertion is called for, and in which stimuli are serviceable, the answer must be, that certainly such circumstances do occur, but not nearly so frequently as is generally imagined; certainly not under what is usually called severe labor, such, for instance, as the harvest-work of the agriculturist, the labor of the handicraftsman, or the mental toil of the professional man. A man engaged in bodily exercise is undergoing regular course of stimulation; his will is stimulating the nervous system; the acting muscles are sending the blood more quickly through the capillaries and large vessels, and the heart must move more actively to keep pace with them, and transmit the quickly returned blood, loaded with effete matter, to be purified in the lungs. To preserve the balance, the respirations are increased and the stomach is stimulated to crave for nourishing food, which may supply the waste, not for alcoholic stimulant, which can only interfere with this beautiful series of changes and metamorphoses, but for vegetable and animal substance, containing albuminous and fibrinous principles, fitted to keep in repair the ever-wearing structure of man's body, and unstimulating fluid to supply his fluid waste. Surely here is stimulation sufficient without the aid of alcohol. All things are now in a state of excitement sufficient for health; to add to this must be to add to what cannot do good, and what must always inevitably do harm. The nervous system excited by the will, and still further by the rapidly circulating blood, if further excited by alcohol, becomes wild, and therefore unsteady; the stomach pours forth its juice too rapidly, the healthy irritability of the viscus is destroyed, and the natural appetite of health and exercise impaired. The spirit enters the blood, and there its chemical properties come into play, to interfere with and derange the processes of nature's laboratory.—*Thompson's Temperance and Total Abstinence.*

This is an argument which cannot be refuted, and we advise all sensible men to "give ear unto it."—[Ed. W. C. J.]

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the June No.]



- A, Pronator teres.
- B, Supinator radii longus.
- C, Flexor carpi radialis.
- D, Palmaris longus.
- E, Perforatus, & Perforans.
- G, Abductor pollicis manus.
- H, Palmaris brevis.
- K, Extensor pollicis.
- K, Extensor primi internodii.
- L, Extensor carpi radialis brevis.
- M, Extensor carpi radialis longus.
- N, Extensor digitorum.
- O, Extensor carpi ulnaris.
- P, Anconeus.
- Q, Extensor secundi internodii.
- R, Extensor minimi digiti.
- S, Flexor carpi ulnaris.

PLATE X.—MUSCLES OF THE FORE ARM AND HAND.

A. PRONATOR TERES—Arises from the inner protuberance of the humerus, where those bending the wrist and fingers arise; and descends obliquely to its insertion, a little above the middle of the radius. *Use*—To roll the radius together, with the hand inwards.

B. SUPINATOR RADII LONGUS—Arises from the ridge of the humerus, above the outer protuberance; and is inserted into the lower part of the radius. *Use*—Rolls the radius outwards, and, consequently, the palm of the hand upwards.

C. FLEXOR CARPI RADIALIS—Arises from the inner protuberance of the humerus, and upper and fore part of the ulna; and is inserted into the first bone of the metacarpus that sustains the forefinger. *Use*—This, and the flexor carpi ulnaris, bend the wrist and hand.

D. PALMARIS—Arises from the inner protuberance of the humerus, and passing by a slender tendon to the palm of the hand, expands itself, and is inserted into the bones of the metacarpus, and into the first bones of the fingers. *Use*—Helps the hand to grasp any thing closely.

E. PERFORATUS, & PERFORANS—Is the mass of flesh that appears under the flexor carpi radialis and palmaris. The perforatus arises from the inner protuberance of the humerus, and from the radius and coronoid process of the ulna; and is divided into four tendons, which are inserted into the second bones of the forefinger. Just above their insertion, they are perforated or split, to give a passage to the tendons of the perforans; which arises from the upper part of the ulna, and is likewise divided into four tendons, which pass through the perforations just mentioned, and are inserted into the third bones of the fore-fingers. *Use*—To bend the fingers.

N. B. The muscles of the fore arm are never so strongly marked, as when the hand is shut, or grasps something with all its strength; because then the internal muscles acting, the external ones are swelled more than ordinary.

K. EXTENSOR POLLICIS—Arises from the hinder part of the middle of the radius and ulna; and passing obliquely over the tendon of extensor carpi radialis, is inserted, by two or three tendons, into the bones of the thumb. *Use*—Extends the thumb.

* From the London Hand-Book of Anatomy, for the use of Students of the Fine Arts, with additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

L. EXTENSOR CARPI RADIALIS BREVIS—Arises from the outer protuberance of the humerus, inserted into the root of the metacarpal bone of the little-finger.

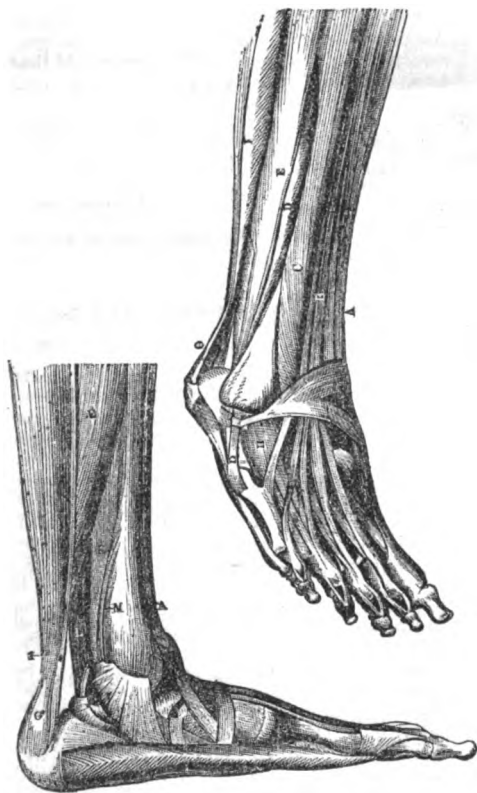
M. EXTENSOR CARPI RADIALIS LONGUS—Arises from the outer protuberance of the humerus; and is inserted into the bones of the metacarpus that sustain the fore and middle finger. *Use*—The above two extend the wrist and hand.

N. EXTENSOR DIGITORUM—Arises from the outer protuberance of the humerus, and from the outer part of the radius and ulna at the wrist; it is divided into three tendons, which are inserted into the bones of the first three fingers. *Use*—Extends the fingers.

O. EXTENSOR CARPI ULNARIS—Arises from the outer protuberance of the humerus and ulna; inserted into the root of the metacarpal bone of the little-finger. *Use*—To extend the wrist and hand.

P. ANCONIUS—Arises from the back part of the outer protuberance of the humerus; and is inserted into the ulna, four fingers' breadth below its head. *Use*—Helps to extend the arm.

S. FLEXOR CARPI ULNARIS—Arises from the inner protuberance of the humerus and ulna; and is inserted into the little bone of the wrist. *Use*—This and the flexor carpi radialis bend the wrist and hand.



A, Tibialis anticus.

B, Extensor longus digitorum pedis.

C, Peroneus tertius.

D, Peroneus brevis.

E, Peroneus longus.

F, Soleus.

G, Tendo Achillis.

H, Extensor brevis digitorum pedis.

I, Plantaris.

K, Flexor longus digitorum pedis.

L, Flexor longus pollicis pedis.

M, Tibialis posticus.

PLATE XI.—MUSCLES OF THE LEG AND FOOT.

A. TIBIALIS ANTICUS—Arises from the upper and outer part of the tibia; inserted into the inner cuneiforme, and the base of the metatarsal bone of the great toe. *Use*—To bend the foot.

B. EXTENSOR LONGUS DIGITORUM PEDIS—Arises from the upper part of the tibia; inserted, by four tendons, into the bones of the four small toes. *Use*—Extends the toes.

C. PERONEUS TERTIUS—a portion of the last muscle, which arises from the middle of the fibula; inserted, by a tendon, into the root of the metatarsal bone of the little toe. *Use*—To assist in bending the foot.

D. PERONEUS BREVIS—Arises from above the middle of the outer part of the fibula; and passing under the groove of the outer ankle, is inserted into the root and outer part of the metatarsal bone of the little toe.

E. PERONEUS LONGUS—Arises from the upper and outer part of the peronea or fibula; and, passing

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through the channel of the outer ankle, turns under the foot, and is inserted into the root of the metatarsal bone of the great toe. *Use*—This, with the former, moves the foot outwards, and extends it a little.

F. SOLÆUS—Arises from the upper and back part of the tibia and fibula, and increases to a large fleshy belly, which lies under the gastrocnemius; and, terminating in a very strong tendon, which by some is called the tendon of Achilles, is inserted into the hinder part of the os calcis. *Use*—Extends the foot.—The action of this with the gastrocnemius and the flex.-long. digitorum is very necessary in running, leaping, jumping, walking, and standing on tiptoe; and those who walk much, or carry heavy burdens, have these muscles larger than others.

K. FLEXOR LONGUS DIGITORUM—Arises from the upper and inner part of the tibia; and is inserted into the last bones of all the toes, except the great toe. *Use*—To bend the toes.

L. FLEXOR LONGUS POLLICIS—Arises from the back part of the fibula, below its head; inserted into the last joint of the great toe. *Use*—To bend the great toe.

M. TIBIALIS POSTICUS—Arises from the back and upper part of the tibia and fibula; and is inserted into the os scaphoides, and partly into the under surface of the tarsal bones. *Use*—To move the foot inwards, and to turn the toes inwards.

CONFESSIONS AND EXPERIENCE OF AN ALLO-PATHIC DOCTOR—NO. 8.

Respect paid to Medicine in the Chivalric Age—
Bribe of Marvan—Angelica's Powers—Surgical Education of the Knights—Robin Hood's Death—Female Physicians—Mrs. Hastings and French—Worms in the Tongue, and their Extraction—Disease Produced by Insects—The Lady of Baskinsome—Charming as a Means of Cure.

RESPECT PAID TO MEDICINE IN THE CHIVALRIC AGE.—A writer remarking on the high esteem in which the ancient physicians were held, says that men placed in the same situations, have the same manners and sentiments. Hence a high admiration for surgery was manifested among chiefs and sovereigns who flourished during the time of Chivalry; and the crusades, a period, in many respects, bearing strong resemblance to the heroic age of Greece, in the romantic spirit of its enterprises, the combination of otherwise hostile leaders in one common cause and the general confederacy of Europe against Asia. Thus in Ariosto, the furious Rodomont, a prince regardless of every tie, human and divine, is withheld from violating the chastity of the beautiful Isabella, whom he has completely in his power, by the promise of a wondrous medicine that would repel or cure the impression of fire as well as stroke of every hostile weapon, and therefore calculated to raise its possessor to the summit of military glory.

To him the damsel would'st thou but insure
My honor safe, a gift thou may'st procure
Of far more worth than aught thou canst obtain
From what must fix on me eternal stain.
Scorn not a lasting prize, a prize to raise
O'er all the sons of war thy deathless praise.

HOOLE'S Trans.

BRIBE OF MARVAN.—In this story of Rodomont and Isabella, Ariosto is said to have had in his eye a real transaction recorded of Marvan II., last calif of the race of Omniades. This prince, when in Egypt, fell desperately in love with a nun of the country, and by his power soon got possession of her person; the pious virgin, to preserve herself from injury, is said to have used the same stratagem as that practiced by Isabella.

ANGELICA'S POWERS.—Ariosto also represents

Angelica, daughter to the King of India, as eminently skilled in the arts of the surgeon, and thus being enabled to cure the severe wound received in the chest by Medora.

Then to her mind she called, whate'er before
In India taught, she knew of healing lore;
An art in which such numbers there excelled,
An art by all in praise and honor held.

HOOLE'S Trans.

Joined with her other knowledge, she is said to have been acquainted with an herb of such wondrous powers, that it was

The blood to staunch, and from the wounded part
Each dang'rous symptom drive, and ease the smart.

HOOLE'S Trans.

SURGICAL EDUCATION OF THE KNIGHTS.—Arts are ever valued in proportion to their usefulness, and the prose compositions that celebrate the chivalrous times written during the middle ages are found no less lavish in the praise of surgery, than the strains of the Italian poet. Thus, in one of the most considerable of these productions, Amadis de Gaul, the *masters* as they were styled, or professors of that branch of healing, are everywhere treated with the highest deference and respect; and as, in the heroic ages of Greece, it was customary for each chieftain to learn the treatment of wounds and bruises, from the lips of Cheron, so, in that of chivalry, it became part of the education of every valiant knight to be instructed in the proper management of those external injuries to which, from the dangerous nature of his employment, his frame was perpetually liable. This trait has not escaped the powerful ridicule of Cervantes, for which, see adventure of the Salutariferous Balsam in Don Quixote.

ROBIN HOOD'S DEATH.—It is related that Robin Hood was bled to death by a nun to whom he resorted for relief in an inflammatory disease, and who seized that opportunity of ridding the country of a noted marauder.

FEMALE PHYSICIANS.—While instancing cases of female doctors, and thus proving that Miss Blackwell is not by any means the first woman whose medical attainments were considerable, I will copy the remarks of an English compiler of anecdotes relating to physic. "The memory of

female doctors soon vanishes, and seldom reaches beyond their cotemporaries. They sink into the grave together with their patients, and all remembrance of their deeds is lost. Their fame seldom extends far, unless it happens to be brought into ephemeral notice by some medical booby, who is vexed that his so highly self-estimated skill should be thought to be inferior to that of a female practitioner who has never stirred from her native village, while he has joined in the laugh at Abernethy's theatre, made a party in the thunder of applause at Cooper's, and passed the ordeal of a half hour's examination at Apothecaries' Hall! and therefore, in the fullness of his conceited assumption, he utters his complaints in some of the medical journals of the prevalence of quackery, and the necessity of fresh legislative enactments to put a stop to such practices. Not aware that such complaint is an open acknowledgment either of his own inferiority, or of the monopoly he is desirous of enjoying in his own neighborhood."

MRS. HASTINGS AND FRENCH.—"A few doctresses, however, have by accident acquired a more permanent fame by their names being mentioned in some permanent work, which preserves their memory. It appears that the Rev. Mr. Thomas Dent had taken the advice of Dr. Sir Edmund King, respecting some tumors formed on his tongue. It does not appear that the prescriptions of the learned doctor were effectual, for in the 'Philosophical Transactions for 1694,' there is the following extract of a letter from the reverend gentleman to that physician."

WORMS IN THE TONGUE, AND THEIR EXTRACTION.

—"This will, in a great measure, satisfy you about the distemper on my tongue, for which I have so lately had your advice; the chief cause of these rising tumors fixing on my tongue, proceeds from the disease of worms, as you will see by the following account:

"In reading Cross's 'Memoirs for the Ingenious,' I found an observation, which he has published to the world, concerning the cure of this disease of worms by one Sarah Hastings, who was famous in the discovery of them in the face, gums and tongue, and which she managed with such dexterous art in the operation, that she took them out of any part affected with a goose-quill.

"I was hence solicitous to inquire if there were any of the worm-doctresses now in being; and hearing of one famous at Leicester, I was resolved to write to her, describing all the symptoms as plain as I could explain them; to which I had a return that she believed my disease to be worms, and being resolved to try the experiment, I took coach to Leicester, where being come, my doctress, Mrs. French, no sooner inspected the place, but instantly declared her opinion that the distemper proceeded from worms.

"The next day she fell upon her operation, which was performed in the presence of two aldermen of the town, Mr. Gibbs, my lord of Derby's chaplain and several others, when piercing

the part affected with a lancet, she drew some blood, and soon after with a small spatula, and another instrument, with which she opened the orifices, she picked out five or six worms at a time. She plainly showed them to the spectators as they came out of the flesh: they were all alive, and moved their heads, and are somewhat less than ordinary maggots."

"Thus, in less than eight days, she took out of my tongue more than one hundred worms, all nearly of the same size, except two very large ones, which she said were of a cankerous production. She took out more than thirty from my gums, which last operation is her daily practice, persons of good note resorting to her from all parts of the country thereabouts.

"I was very curious to inquire out what cures she had done of this nature, and found a very satisfactory account from persons of quality and note. The cures the woman performs in picking out these worms from all putrefactive ulcers, tumors and sores, whether in the faces, noses, gums, or tongues of several persons, prove that such animals are generated in these parts."

THE LADY OF BRANKSOME.—Sir Walter Scott thus describes one of his heroines:

She drew the splinter from the wound,
And with a charms she tanned the blood;
She bade the gash be cleansed and bound;
No longer by his couch she stood;
But she has ta'en the broken lance,
And washed it from the clotted gore,
And saved the splinter o'er and o'er.
William of Deloraine in trance,
When'er she turned it round and round,
Twisted as if she galled his wound,
Then to her maidens she did say
That he should be whole man and sound
Within the course of a night and day.
Full long she toiled; for she did rue
Mishap to friend so stout and true.

DISEASE PRODUCED BY INSECTS.—That disease was often occasioned by the presence of insects in the animal economy, was for a long time, especially after the introduction of the microscope, entertained. Thus it is only lately that *itch* has been proved to be a specific disease of the skin, although Linnæus has actually described and classified the insect that produced it. Bonomo, its original discoverer, "saw it drop white eggs, like a pineapple seed from its hinder parts;" and Adams, who had caught the disease from too close an examination of it in patients, affirms that he saw two drawn from his arm by an old woman, and that they "skipped like fleas." "J. P. Frank was requested to see a Prince who had been attacked with epilepsy. His physician, a respectable old practitioner, assured Frank that he could at pleasure make his patient void thousands of filiform worms. As he was neither able to define the genus nor species of worms, the quantity of which, from his account, seemed to be prodigious, Frank requested to be a witness to the phenomenon. The physician administered a dose of castor oil, which produced several evacuations, in which were thousands of whitish filaments resembling small eels, but on an attentive exami-

nation, these supposed worms were found to consist entirely of castor oil combined with the secretions."

CHARMING AS A MEANS OF CURE.—It will be noticed by the reader that the Lady of Branksome treats the instrument of injury instead of the wound, a method I have seen myself applied to an old nail which a person had accidentally run into his foot. Sir Walter Scott, in his notes to the Lay of the Last Minstrel, gives an account of the superstition.

Sir Kenelm Digby, in a discourse upon the *cure by sympathy*, pronounced at Montpelier, before an assembly of nobles and learned men, gives the following curious surgical case. "Mr. James Howell coming by chance, as two of his best friends were fighting in duel, endeavored to part them, by seizing with his left hand the hilt of one sword, and with his right hand the blade of the other. Struggling to rid themselves, one of them drew the blade roughly, and thus cut to the bone the nerves and muscles of Mr. Howell's hand, and the other disengaging his hilt gave a cross blow on his adversary's head, which glanced towards his friend, who throwing up his sore hand to save the blow, was severely wounded in its back. Seeing Mr. Howell's face besmeared with blood, they stopped fighting and ran up to embrace him, and having searched his hurts bound them up with one of his garters, to close the vessels, which bled profusely. They brought him home and sent for a surgeon. But this being heard of at court, the King sent one of his own surgeons, as he loved the wounded man.

"It was my chance to be lodged hard by him, and four or five days after, as I was making myself ready, he came to my house and prayed me to view his wounds, 'for I understand,' said he, 'that you have extraordinary remedies on such occasions, and my surgeons apprehend some fear that it may grow to a gangrene, and so the hand must be cut off.' In effect, his countenance discovered that he was in much pain, which he said was insupportable, in regard to the extreme inflammation. I told him I would willingly serve him, but if haply he knew the manner of my curing him, without touching or seeing, it might be, he would not expose himself to it, because he would think it either ineffectual or superstitious. He replied, 'The wonderful things which many have related unto me of your way of medicine-making, makes me nothing at all doubt of its efficacy, and all I have to say unto you is comprehended in the Spanish proverb,

"Let the miracle be done, though Mahomet do it."

"I asked him for anything that had the blood upon it; so he presently sent for his garter, wherewith his hand was first bound, and as I called for a basin of water, as I would wash my hands, I took a handful of powder of vitriol, which I had in my study, and presently dissolved it. As soon as the bloody garter was brought me, I put it within the basin, observing in the interim what Mr. Howell did, who stood talking

with a gentleman in a corner of my chamber, not regarding at all what I was doing; but he started suddenly, as if he had found some strange alteration in himself. I asked him what he ailed! 'I know not what ails me, but I feel no more pain. Methinks that a pleasant kind of freshness, as it were a wet, cold napkin, did spread over my hand, which hath taken away the inflammation that tormented me before' I replied, 'Since, then, you feel already so good an effect of medicament, I advise you to cast away all your plasters; only keep the wound clean, and in a moderate temper between heat and cold.'

"This was presently reported to the Duke of Buckingham, and a little while after to the King, who were both very curious to know the circumstances of the business, which was, that after dinner I took the garter out of the water, and put it to dry before a great fire. It was scarce dry but Mr. Howell's servant came running, that his master had as much pain as ever he had done, if not more, for the heat was such as if his hand was between coals of fire. I answered, that although that had happened at present, yet he would find ease in a very short time, for I knew the reason of this new accident, and would provide accordingly: for his master should be free from inflammation, it may be, before he could possibly return to him; but in case he found no ease, I wished him to come presently back again; if not, he might forbear coming. Thereupon he went, and at that instant I put the garter again into the water, whereupon he found his master without any pain at all. To be brief, there was no sense of pain afterward; but in five or six days the wounds were cicatrized and entirely healed." The King (James VI.) obtained from Sir Kenelm the discovery of the secret which he pretended had been taught him by a Carmelite friend, who had learned it in Armenia or Persia.

OF LACERATIONS AND CONTUSED WOUNDS.

BY CARL LORENZ.

THERE are many and various injuries which may befall the organism. An injury or wound, inflicted by an obtuse instrument, will cause a contusion, and, if penetrating, a laceration. Slight contusions will deprive of sensation the inflicted part, without any further consequences, however, and more severe contusions will cause a rupture of vessels (ecchymosis.) Lacerated wounds do not bleed as much as wounds inflicted by a sharp instrument, but are followed by a more violent inflammation, gangrene and tetanus.

A case of a lacerated and contused wound, and treated with complete success by hydropathic regimen, came under my care in the person of Michael N., from Ireland, employed by the Naugatuck Railroad Company, as a laborer, during the fall of 1845. At the time the accident happened, his abode was near the village of Birmingham, Conn.

A heavy log, raised by several men to be removed to another place, occasioned the injury, by

giving away suddenly and rolling on the left and lower limb of the laborer. After the log was removed, several bruises and a wound was visible; and, as no bone was broken, the injury was thought of as slight, and as of no consequence. One of the bystanders said that he could heal this injury easily, and, hearing no objections, applied his remedies. I, myself, was called to attend three days afterwards, and found, then, the patient writhing under pains. The remedy applied was a bandage filled with the excrements of a cow. After removing the bandage and restoring cleanliness by tepid water, I found all parts, from the knee to the ankles, swollen and inflamed to a degree termed *calor mordax*. The wound, as large as to admit a finger, uneven and with dark-colored edges, penetrated the middle of the soleus muscle. Bruises were around almost in every direction, and two fistulæ, running in opposite direction from near the knee joint and the ankle to the wound, discharged a thin and dirty yellowish matter. My hand went, mechanically, in my pocket for a bistoury, to lay open the fistulæ, but having treated, previously, a fistula in perineo, hydropathically, with success, I refrained. To cleanse them, I applied a syringe with water of 65 degrees Fahrenheit, and instructed a waiter how to apply it three times during the day. Round the swollen and inflamed parts I wrapped a linen compress of four thicknesses, wetted in cold water, sufficiently with a loose covering, and renewed it, whenever getting dry and hot. As circumstances and locality permitted no wet sheet packing, (a process wholly unknown, and horrible to the patient and his friends,) I ordered, to allay, somewhat, the heat and fever, some draughts of cold water and a scanty diet.

The next day pains, swelling and inflammation had subsided in a great measure; the patient felt more at his ease. The fistulæ discharged copiously a matter of a whitish color, and at times some venous blood. The drinking of water and the scanty diet were then discontinued, and a mild nutritious diet gave strength sufficient to bear the process of suppuration. The color of the limb became now green, yellowish and diffused, and the granulations of the wound by degrees more solid and healthy.

On Saturday, the sixth day of my attendance, I requested the company of Dr. L., an old allopathic practitioner, acquainted with hydropathy, and a friend of mine, to see the patient, but as the Doctor was detained that day by some accident, I went alone, and finding the cure near its end, I felt not a little pride in having the Doctor on Monday next, (the day we had fixed to make our visit), to witness the effects of hydropathy. Monday came, and accordingly we went to the dwelling of the patient. Entering the room, we found him, to my great astonishment, in the bed, and in a condition almost as bad as at the commencement of my attendance. The patient spoke of having another physician, as my method of treatment would not heal his wounded limb. I felt mortified, but did not yield so easily, and inquired what had happened to him; as I was

proceeding to examine more closely the injured parts, swelling and inflammation were spread over the whole limb again, and on pressing the channels, nearly healed up, pain was felt, and a discharge of some thin and whitish matter trickled down the wound. The nervous system exhibited symptoms of great excitement and irritability. As I received no answer, I asked again, if he had been exposed to the storm and rain yesterday, or had had company and taken some spirits. On this I perceived an exchanging glance of the eye between him and his wife, and asking her, "how much he had taken," she said, "that he has taken freely." At once we knew the cause of the disturbance. Doctor L. recommended a warm poultice of bread and milk, which for a few minutes gave relief, but was removed again on the return of pain. I then gave a tepid injection, ordered large draughts of cold water, cleansed the channels and wound with a syringe, and wrapped round the limb a linen compress of one thickness wetted in cold water and well covered. This brought on a change, and in a few days a termination of the cure. Michael N. went to work again with a sound limb.

I have no doubt that the use of the knife in surgical cases can be dispensed with in a great measure, if we adopt a hydropathic regimen.

VEGETARIANISM.

BY J. H. HANAFORD.

In this age of wild speculation and reckless theorizing, an appeal to *facts* is exceedingly serviceable in illustrating the more consistent views of the dietetic reformer. The clamor of the votary of animal indulgence is loud and almost appalling, assailing all changes in diet as dangerous innovations. We are often assured, that a disuse of animal food will inevitably destroy our vital energies, and result in imbecility. We are again told that, though the man of sedentary habits *may* survive, for a time, vegetable and farinaceous diet will not sustain life, and afford the necessary stamina for the more laborious avocations of life. How far this is true must be decided by the verdict of enlightened observers,—those who have had *experience* in both systems, for such only are prepared to judge understandingly. I propose to give some few details of my own observations during about five years.

My early habits were not unlike those of most persons under similar circumstances. I found that my health, while pursuing a course of study and teaching, was gradually impaired, and that I was fast losing my vivacity and energy. I consulted an eminent physician—Dr. Alcott—who warned me of disastrous consequences, assuring me that I could not longer continue teaching in safety, but that if I changed my occupation, and took necessary precautions, I might escape consumption. Convinced of the propriety of the course, I heeded his advice, and have had no cause of regret. The season of the year was not the most favorable to so abrupt a change, yet

I suffered but little inconvenience. I am satisfied that a *determined will* exerted a favorable influence in conforming the system to such a dietetic change. The most prominent article of food at first was milk, in its simplest preparations. Its soothing effects were very soon discoverable. The usual forms of flesh meat were entirely discarded, and, with what success, I leave the reader to determine. During the short space of a few weeks, while yet conducting an academy of about fifty pupils, with but slight recreation, I was able to see some of the beneficial results. At the close of the term, I relinquished my labors entirely, that, if possible, I might escape what had been confidently predicted. My wasting energies recruited far more speedily than I had supposed possible, and, after a short respite, I again resumed my teaching, which has been continued, with slight interruption since that time, now about four years. Such a favorable issue was almost astounding to friends, and not a little surprising even to myself. I now have no doubt of my ability to continue my arduous employment, so long as I adhere to my present regimen.

PHYSICAL RESULTS.

For some time previous to the adoption of vegetarian principles I labored under a bronchial affection and general pulmonary debility, so that it was often with much difficulty that I could articulate distinctly. A crushing melancholy and physical inefficiency rendered me entirely unfit for my ordinary round of duties. The inflammation soon subsided, the cough, which had been exceedingly severe, became less labored, while the general tone of the system was essentially improved. A soreness and painful sensitiveness of the chest had much troubled me, and this also gradually subsided, and, in a short time, was entirely eradicated.

After the natural results of a change were passed, my general health was much improved. I have since been able to endure far more physical exposure, and perform more manual labor than formerly. I well know that this is not the popular impression in regard to such a course of diet, yet *facts* justify the statement. From my own observations and experience, I am constrained to admit that one who depends mainly upon farina for sustenance will endure fasting longer, will feel the sudden changes in temperature far less, and, in fine, have far more physical stamina than those who use a stimulating and mixed diet.

MENTAL RESULTS.

As striking as was the physical renovation, the mental elevation was no less conspicuous. Indeed, so intimate is the relation of mind to matter, that it could not be otherwise. All teachers will understand something of the advantages of having a perfect control over the mental operations. Far the greater part of the petty difficulties of the school-room, the insubordination, the arraying of teacher against pupil, &c., is attributable, as I suppose, to the teacher's want of

self-control. The excitement, the peevishness—the *bane* of all schools—is intimately connected with the endless stimulating and animal indulgence, to which we are so much accustomed. It has been well remarked, that “he who would control others, must control himself.” Our habits are entirely at war with a “peaceful and quiet possession of our spirit.” Many are the boyish freaks and rebellions, which are the *natural* results of a course of dietetic dissipation, while neither the teacher nor pupil may know the immediate cause. These causes legitimately produce a mental imbecility, or, at best, a difficulty, in concentrating the mind, under whatever circumstances he may be placed, perplexing and confusing as they frequently are. The benefits accruing from a plain and *natural* diet, in this respect, I conceive to be amply sufficient to compensate, a thousand-fold, for the temporary inconvenience which must attend any abrupt change. I have been almost entirely relieved of those fits of nervous irritability which so often destroy the general influence of teachers, and induce a spirit of insubordination among their pupils. The amount of mental endurance has been very much enhanced. In point of clearness of perception, of control of mental operations, and an ability to concentrate the attention for a length of time, I cannot easily overrate the contrast. The amount of labor which I once regarded as almost crushing, I can now perform with but little fatigue. It would be out of place here to instance examples; but I may safely say, that there have been times in which I have had as much devolving upon me, though still an invalid, as two teachers, under ordinary circumstances, would perform. And this has been done without the crushing feeling of lassitude which so often attends over exertion. That there need be no unfairness in the comparison, I may safely say, that since my adoption of my present dietetic habits, I have performed more than twice as much as formerly in the school-room, beside no small amount of miscellaneous labor. Nor am I in doubt in regard to the direct agency which has produced so radical a change. My own observations, carefully made during more than four years, are, to my own mind, sufficiently conclusive. I might refer to other instances with which I have been intimately acquainted, but I do not deem it necessary.

MORAL RESULTS.

That there is an intimate and inseparable connection between brutalizing habits in society; the familiarity with scenes of blood and carnage, and the flagrant acts of men, to me at least, seems apparent. Indeed, so intimate is the mutual dependences of the mind and the body, that it cannot be otherwise. From our childhood we may have been accustomed to witness scenes of domestic slaughter and unnecessary cruelty: can it be a matter of surprise, then, that so much cruelty exists toward these same animals, and even toward their fellows, among juvenile offenders? Can it be regarded as surprising, that there is a

recklessness of even human life, while we have been taught to regard animal life as worthless? Can it be thought strange that intrigue prevails, when we have seen the employment of stratagem so frequently, at a time when lasting impressions are so easily made? The wonder may be, that there is no more of such natural results.

It may not become me to refer to *moral attainments*, as resulting from the adoption of vegetarian principles, but I may state that I regard the moral advantages as among the more prominent features of dietetic reform. If the more flagrant outbursts of passion do not result from physical disorganization and derangement, the petty jealousies, murmurings, excitability and feverish restlessness may be the direct consequence of physical abuses and sensual gratification. That the cup is producing such results, no one can doubt, and it may be true that dietetic indulgence is equally destructive. To my own mind there remains not a shadow of doubt that the tone of the moral feelings is radically elevated, that the propensities are far more easily restrained; in fine, that man can more easily subdue the animal and rise to the dignity of the *human*, by adopting the plain vegetable and farinaceous diet. I am not aware that the few who have adopted are disposed to relinquish it. The present and the future of life presents to me, at least, a brightened aspect. Instead of struggling with pain and infirmity, teaching with difficulty, but a portion of the time, I am now able to do so continually, with an increase of physical and mental vigor, relieved of the usual saddening anxiety and depressing influences of pulmonary affections. An extensive field of labor is before me, while I am consoled with the thought that I may have strength adequate to its many and important responsibilities.

DISEASED MEAT.

BY S. M. HOBBS.

THE fact that no inconsiderable portion of the meat sold from our markets, provision stores, and carts, is more or less in a positive and active state of disease, cannot be questioned a reasonable moment. The thing is obvious to every one who has an eye to see, a nose to smell, a head to think. Alarming as this statement may be to some, it is, nevertheless, capable of the strongest substantiation. Facts, figures, and the invulnerable philosophy of *common sense* and every-day observation tell its story in no vulgar light and power.

This general disease of meat from the shambles is not only reasonable, natural, just what might be expected, but it is the *only* condition it can possibly be in, taking the facts that hem it round. Let us look into the matter and see whether it be not so.

Almost all the meats in our markets, and particularly almost all that meet with a ready sale, have been through a *fattening process*. This process, as every one ought to know, is but

another name and way for crowding, and swelling, and puffing up the animal with one disease after another. It is technically called *stall-feeding*, and is the best possible manner that could be had to empoison and filthify the whole subject. The animal must be hardly allowed to move, is crammed, stuffed with stimulating and concentrated food, and encouraged to eat ten-fold more than the wants of nature demand, or her mightiest efforts can master. This course is pursued for months, sometimes for years, when the victim, nearly ready to explode—a mass of corruption, and filth, and disease—is pronounced ready for the axe and knife. It goes to the market full of bad blood and worse fat, a bundle of tumors and incipient suppurations, as delightful a jumble of all that can disgust and turn a good stomach as a blind and outrageous man, or an artful and industrial demon could desire.

This is a "true bill" of nine-tenths of the fattened meat offered for sale. Is it wild, fanatical, unphilosophical to pronounce it diseased? Can it be otherwise? Can an animal that has been cooped up, often deprived of light and pure air; which has hardly moved a limb, not *exercised* a muscle for a year; whose lungs have been driven, from day to day, into smaller compass and feebleness; which has not eliminated a drop of pure blood in all this time—can this be a healthy animal? Can this be fit for the human stomach? Can this assimilate with, and make pure, genial, healthy blood in man? We believe—*know*—it cannot. And so does every one but a stall-fed and more than beastly epicurean.

As it is with beef so it is with other animals—the sheep, the hog, and the multifarious tribe of poultry. Similar causes will produce similar results. Over feeding and want of exercise is sufficient, and *always* produces diseases in animals, as well as in man. Particularly is disease, in its most odious and devastating forms, found in the domestic Hog; that sum and circle, and concentration of scum, grease, pollution and death. Wallowing in filth, reveling in offal, and eating what every other animal passes by in absolute disgust; a thing of bloat and ulcer; bathed in an atmosphere that is death to all else that boasts animation;—who can believe but that the only side of a man's stomach it should ever be found is the distant *outside*? Who does not admire the wisdom, the *taste*, the philosophy of the Jewish code, that would "touch not, taste not, handle not" the emphatically and literally "unclean thing?"

It does not require much of a philosopher to see what effect this diseased meat *must* have on the system. If the fountain is filled with gross filthiness, the stream will be of a like nature. It cannot be otherwise than that disease must follow. Indeed, nothing is more certain than that such is the case. That formidable range of stomach complaints, known under more names than there are letters in the alphabet, have, to a great extent, their creation from this cause. The racking gout and agonizing rheumatism may often be directly traced to diseased and miserable meat;

while there is not a malady in all civilization that is not assisted and aggravated by it. Scrofula, with its manifold ramifications, is fed, fattened, and made strong by it; and many of those direful diseases of the skin, in the shape of greasy, foul, repulsive eruptions, have a similar source. There is no end to the catalogue. There is hardly a disease which this matter has not a big finger in, and oftentimes, as we have remarked above, it is the direct source of the most malignant and fatal diseases. What reasonable, and candid, and light-receiving mind presumes to doubt it? Facts, figures, philosophy prove it; of what use to doubt? That man must have a very extraordinary conception of his constitution who supposes it can change the poison of active disease into healthy, nourishing, vigorous blood; who supposes that the beef, pork, veal, mutton, &c., he eats, every fibre of which groans under some fearful distemper, ready to consume the animal; such a man must have an extraordinary opinion of his physical powers who supposes that these things will give him a body free of disease.

There is another consideration—*quite a feature*—we had nearly neglected to mention. It is a well-known fact to the “trade” that this stalfed, and still-fed, and puffed and bloated class of animals, frequently, in the course of their barbarous and cruel diet, actually *drop dead*. *Almost universally these same masses of corruption and death are brought into market with other meats and sold*. The markets of all our great cities are daily witnesses of such atrocious doings. It is the constant subject of jokes, and winks, and boasts among butchers and venders. Again we say, can any disbelieve that diseased meat is found in our markets, and that all manner of disease is the result?

In view of these indisputable facts; knowing as we do that almost all the animals slaughtered among us are impregnated with active disease; and knowing also that men can live and be well and strong on a vegetable diet;—would it not be far better to dispense with meat entirely? As God made man, with pure and natural appetite, he never tasted meat. The blood of the slaughtered animal never pollute^d his lips. Unquestionably the banishing of the “flesh pots” from our tables would at the same time banish many of the diseases that afflict society. We sincerely believe this would be the actual result. Emphatically is this our conviction when we regard the fact that there is very little meat used that is not totally and unqualifiedly unfit to put into the human stomach. The fearfully increasing inflammatory complaints all around us might be speedily driven to the tomb of the Capulets, were a change made from meat to a proper vegetable regimen. Society would be better every way. The ferocious passions that too often brutalize man would be transformed into the gentler affections, and a broad and genial brotherhood run through the vast family of mankind.

But the limit of our present article will not permit us to present the advantages of a vegetable diet over a meat one. Indeed, it was no part

of our design. But we never can refer to diseased meat without advising it to be thrown where we are fast throwing physic, “to the dogs.” In closing, we most earnestly beseech the public to examine this matter; to look and see whether these things are not so. We beseech them when they buy, but more especially when they *swallow* this meat, to think that they have filled their stomachs with the elements of disease, and that it will one day assuredly triumph in pain, and perhaps in death.

THAT FATAL CONSUMPTION EXPLAINED.

MESSRS. EDITORS:—I noticed in a recent number of your Journal, extracts from an article in the “New England Botanical and Medical Journal,” from the pen of Dr. Albee. In justice to the water treatment, I must say that Dr. A. has misrepresented the case of the young man to whom he undoubtedly referred; and whether he has done it ignorantly or willfully, the impartial reader, from the following statement, can decide.

On the night of the 7th of Sept. 1848, a messenger came to my Water-Cure Establishment, (one mile from Pawtucket,) and informed me that Dr. Albee had a case of typhus fever that he wished me to see with him immediately. I declined going, as I had met him in one instance and helped him out of difficulty; and he then attributed the cure to some drug that he had administered. On the following evening I was again sent for: I then went, and found a young man about 20 years of age laboring under a relapse of Synocha, or Inflammatory Fever.

From a history of the case I learned that Dr. Albee had treated the patient for a while, sometimes botanically, and sometimes pseudo-hydro-pathically, but had succeeded in arresting the fever in a measure, and had then ordered wine and oysters to strengthen him, and that under such management a relapse came on and the patient was taken delirious, which was the cause of his sending for me; but as I did not go and the patient appeared worse, they had called in three Allopathic Doctors, which resulted in a dismissal of Dr. Albee. These physicians had bled the patient copiously—blistered the nape of his neck and bottoms of his feet, and had undoubtedly given him a good dose of calomel to complete the catalogue of antiphlogistics. After selecting one of their number to attend to the patient, they left. The mother of the young man said that the Doctors gave her no encouragement, and she wished me to take her son under my care if I were certain I could cure him. I replied that I could make no promises, and did not like to take the case under the circumstances. The patient then appeared unconscious, yet very little, if any, morbid heat was present about the body, so much had the copious venesection reduced him. I left without prescribing for him, and did not expect to hear anything more from the case.

On the next morning but one, I was again sent for, and earnestly solicited by the mother of the young man to take the case in hand, for it was

no better. Under these circumstances I very reluctantly complied with her request, she coming to a full conclusion to dismiss the physician then attending him. The patient now manifested more delirium than when I saw him before; otherwise very little alteration had taken place. I commenced the treatment with head baths—repeated them very often—had him rubbed in a wet sheet, and on the following day the inflammation in his head had so far subsided that he conversed rationally, and the heat about the body had gradually increased; for which I ordered packing, followed with a friction sheet—kept wet cloths on the head, chest, and abdomen, and had them changed as often as they became warm, till the morbid heat had subsided.

On the following day, (which was the third day after the water treatment was commenced,) he sat up part of the time and seemed nicely:—meantime injections were given to keep the bowels open. I visited him on the 21st inst. for the last time; the treatment having been packing, sitz and foot baths, and he had so far recovered as to be about street, and was anxious to go to Vermont with a brother of his, who, on hearing of his sickness, came to see him. Accordingly, he and his mother on the following day left Pawtucket, with a view of spending the winter in Vermont at her father's. He voluntarily paid me for my services, and said he should not pay any of the other doctors, as they had done him no good. This young man was an operative in a cotton factory, and had been troubled with a slight cough at times for nearly a year; was of a consumptive diathesis, and had not fully recovered from the fever when he left. In Jan. following, the mother of this young man returned to Pawtucket, called to see me, and gave the following history of his subsequent progress.

He bore the journey to Vermont very well, and was continuing to gain slowly, but being in too much haste to recover his full strength, he took some medicine of a botanic Doctor there. At length he took cold and his lungs troubled him, for which he drugged vigorously, but yet seemed to fail, and she was alarmed about him, and had concluded to return to Pawtucket and put him under my care. From her description of the case I gave very little encouragement, and heard nothing more from her till the 16th or 17th of Feb. following, when she again called, and informed me that her son had returned to Pawtucket, and she wished me to call and see him, which I did, and found him surprisingly altered. He had a very hard cough—pulse very frequent—the mucous rhonchus very distinct by auscultation, and finally, all the symptoms of confirmed consumption. I declined taking him at the Establishment, but concluded to have him try a light treatment at home, which he did for about a week, when I told his mother that nothing could be done farther than to palliate the disease, and that if he wished to return to Vermont, as he had expressed to me, if there were no help for him, he must do it very soon, for I did not think he would live more than a month. Accordingly, after consulting two ex-

perienced homeopathic physicians, he left, and I was afterwards informed, died in March following. Thus terminated the case referred to by Dr. Albee as lingering consumption.

H. A. WILBUR, M.D.

HOW TO MAKE HOME UNHEALTHY.

BY HARRIET MARTINEAU.

BRICK walls do not secrete air. It comes in through your doors and windows, from the streets and alleys in your neighborhood; it comes in without scraping its feet, and goes down your throat unwashed, with small respect for your gentility. You must look abroad, therefore, for some elements of an unwholesome home; and when, sitting at home, you do so, it is a good thing if you can see a burial ground—one of "God's gardens," which our city cherishes.

Now, do not look up with a dolorous face, saying, "Alas! these gardens are to be taken from us!" Let agitators write and let commissioners report, let government nod its good will, and although all the world may think that our London burial grounds are about to be incontinently jacketed in asphalt, and that we ourselves, when dead, are to be steamed off to Erith,—we are content: at present this is only gossip. On one of the lowest terraces of hell, says Dante, he found a Cordelier who had been dragged thither by a logical demon in defiance of the expostulations of St. Francis. The sin of that monk was a sentence of advice, for which absolution had been received before he gave it. "Promise much, and perform little." In the hair of any minister's head, and of every commissioner's head, we know not what "black cherubim" may have entwined their claws. There is hope while there is life, for the old cause. But if those who have authority to do so really have determined to abolish intramural burial, let us call upon them solemnly to reconsider their verdict. Let them ponder what follows.

Two or three years ago, a book, promulging notions upon spiritual life, was published in London by the Chancellor of a certain place across the channel. It was a clever book, and, among other matter, broached a theory. *Our souls*, the Rev. Chancellor informed us, *consist of the essence, extract, or gas contained in the human body*; and, that he might not be vague, he had made special application to a chemist, who "added some important observations of his own respecting the corpse after death." But we must decorate a great speculation with the ornamental words of its propounder.

"The gases into which the animal body is resolved by putrefaction are ammonia, carbonic acid, carbonic oxide, and sulphuretted, phosphuretted, and carburetted hydrogen. The first and the two last named gases are most abundant." We omit here some details as to the time a body takes in rotting. "From which it appears, that these noble elements and rich essences of humanity are too subtle and volatile to continue long with the corpse, but soon disengage

themselves and escape from it. After which nothing remains but the foul refuse in the vat; the mere *caput mortuum* in the crucible; the vile dust and ashes of the tomb. Nor does inhumation, however deep in the ground, nor drowning in the lowest depths and darkest caverns of the fathomless abyss, prevent those subtle essences, rare attenuate spirits or gases, from escaping; or chain down to dust those better, nobler elements of the human body. No bars can imprison them, no vessels detain them from their kindred element, confine them from their native home."

We are all of us familiar with the more noticeable of these "essences" by smell, if not by name. Metaphysicians tell us that perceptions and ideas *will* follow in a train; perhaps that may account for the sudden recollection of an old-fashioned story—may the moderns pardon us, as in the group around a social soup tureen we recognize

"The feast of reason—and the flow of soul."

How gladly shall we fight the fight of life, hoping that, after death, we shall all meet in a world of sulphuretted hydrogen and other gases! And where do the Sanitary Reformers suppose that, after death, their gases will go—they who, in life, with asphalt and paving-stones, would have restrained the souls of their own fathers from ascending into upper air!

Against us let there be no such reproach. Freely let us breathe into our bosoms some portion of the spirit of the dead. If we live near no churchyard, let us visit one—mesmerically, if you please. Now we are on the way. We see narrow streets and many people; most of the faces that we meet are pale. Here is a walking funeral: we follow with it to the churchyard. A corner is turned, and there is another funeral to be perceived at no great distance in advance. Our walkers trot. The other party, finding itself almost overtaken, sets off with a decent run. Our party runs. There is a race for prior attention when they reach the ground. We become interested. We perceive that one undertaker wears gaiters, and the other straps. We trot behind them, betting with each other, you on Gaiters, I on Straps. I win; a *Deus ex machina* saves me, or I should have lost. An over-goaded ox rushes bewildered round a corner, charges and overthrows the foremost coffin; it is broken, and the body is exposed—its white shroud flaps upon the mud. This has occurred once, I know; and how much oftener I know not. So Gaiters pioneers his party to the nearest undertaker for repairs, and we follow the triumphant procession to the churchyard. The minister there meets it, holding his white handkerchief most closely to his nose; the mourners imitate him, sick and sorrowful. Your toe sticks in a bit of carrion as we pass near the grave, and seek the sexton. He is a pimply man, who moralizes much; but his morality is maudlin. He is drunk. He is accustomed to antagonize the "spirits" of the dead with spirits from the Pig and Whistle. Here let the *scance* end.

At home again, let us remark upon a striking

fact. Those poor creatures whom we saw in sorrow by the grave, believed that they were sowing flesh to immortality—and so they were. They did not know that they were also sowing coffee. By a trustworthy informant I am taught that of the old coffin-wood dug up out of the crowded churchyards, a large quantity that is not burned, is dried and ground; and that ground coffee is therewith adulterated in a wholesale manner. It communicates to cheap coffee a good color; and puts body into it, there can be no doubt of that. It will be a severe blow to the trade in British coffees if intramural interment be forbidden. We shall be driven to depend upon the distant planters for what now can be produced in any quantity at home.

Remember the largeness of the interests involved. Within the last thirty years, a million and a half of corpses have been hidden under ground, in patches, here and there, among the streets of London. This pasturage we have enjoyed from our youth up, and it is threatened now to put us off our feed.

I say no more, for better arguments than these cannot be urged on behalf of the maintenance of city graveyards. Possibly these may not prevail. Yet, never droop. Nevertheless, without despairing, take a house in the vicinity of such a garden of the dead. If our lawgivers should fear the becoming neighborly with Dante's Cordelier, and therefore absolutely interdict more burials in London, still you are safe. They shall not trample on the graves that are. We can agitate, and we will agitate, successfully against their asphalt. Let the city be mindful of its old renown, let Vestries rally round Sir Peter Laurie, and there may be yet secured to you, for seven years to come, an atmosphere which shall assist in making Home Unhealthy.—*Lond. Examiner.*

UTILITY OF RIVERS.—Our habitations are always unhealthy when surrounded by marishes and stagnant waters, or when a drought is produced in consequence of the want of water. The smallest river is refreshing, and cools the air; whilst the earth is rendered more fertile. What an astonishing difference is observed between a country watered by various streams, and one to which nature has denied this blessing! The one is dry, barren, and desert; the other flourishes like a garden, where woods, valleys, meadows, and fields, present every variety of beauty. A river meandering through a country, carries with it refreshment, abundance, and prosperity; and not only irrigates the roots of plants, but fertilizes the earth by frequent inundations and continual evaporation.

Surely, then, no one can be so inattentive and ungrateful as not to acknowledge the advantage of rivers, seeing that they are the source of such numerous blessings. The only inconvenience of rivers is their being sometimes subject to inundations, which occasion very considerable damage; but this, compared with their many advantages, is trifling.

CASES IN WATER-CURE.

BY S. ROGERS, M.D.

OUR FRIEND DR. NICHOLS has, with much truth, declared, that "we must not only show how diseases *ought* to be cured, but how they *are* cured." A goodly array of facts in the simple history of cases, help remarkably to substantiate hydropathic theories. Besides, so simple and free from mystery is the truth as taught in hydrotherapeutics, that an unvarnished narrative of any disease and its treatment is the best possible manner of teaching our non-medical readers how to dispense with professional services. True, in pursuing this course we abridge our pecuniary interests, but I sincerely hope none have entered the water-cure ranks without first being so deeply imbued with love for the highest principle of medical science,—which is to teach people how to keep well,—that when this great lesson is well understood, it will not be infinitely more satisfactory to engage in other occupation than watching over the sick.

By members of the "old school" I am frequently asked why we have not a more *scientific* journal. In answer to such questions I can only say, that the whole tendency of water-cure is towards *simplicity*, and that he who is so wrapped up in *technicalities* as to find the naked truth unpalatable, is of much less importance to the world than the thousands who choose common sense in preference to *uncommon*. Through the medium of this Journal we now have access to the understandings of more than twenty thousand people, and to spread before them the results of practice in any but the plainest language, would be an insult to the good sense of those who expect to be benefited by our experience.

Every hydropathic physician, whose object it is to make plain the laws of health, feels doubly rewarded in the grateful expressions of those who have received the truths he may have recorded in the Journal. Scarcely a week passes in the practice of any one in the water-cure, without hearing of cases cured by "home-treatment," which make us feel again and again it is the design of a benevolent Creator that this pure and plentiful element shall be the universal remedy. It is thought by many that unprofessional practice has done a deal of harm. In some instances no doubt patients have been injured; but compare the results of any given number of cases with allopathic treatment,—even the most skillful,—and my word for it, we shall hear no further objections to home treatment. But I must urge most earnestly upon all who have not the advice of a physician, to familiarize themselves—not only with the applications of water—but with human physiology, especially with the animal heat, and with the pulsations of the heart.

Where domestic treatment has failed in acute diseases, I have generally ascertained it to be from want of knowledge in these particulars. Without knowing the pulse,—patients have been *over-treated* and *under-treated*,—the latter I believe oftener than the former.

I now propose to record each month some of the cases which come under my treatment. I shall not mention names nor residences, but any one who wishes for additional information can have it by conversing or corresponding with the patients themselves. Two cases seldom require the same treatment; therefore, if twenty cases of the same disease are reported in one journal, the close observer will be benefited by a perusal of each. "Line upon line and precept upon precept," at last make these things familiar.

CASE I—SCARLET FEVER.

Morning of 5th mo. 4th.—This patient is a young woman of naturally full habit and florid complexion. Considerable scrofulous taint in the system. Blood has occasionally been expectorated. Has been quite feeble, and not much appetite during the past few days. Awoke this morning with severe headache and pain in the bones; throat very sore, inflamed and swollen; whole surface hot; hard pulse, with a frequency of 104 to the minute; occasional rigors; frequent choking sensation, produced by an accumulation of phlegm; slight nausea and vomiting of greenish substance.

The first treatment was a shallow bath at 70° F., with much hand friction. The patient remained chilly some time after returning to bed. The pulse was less frequent, and pain in the head and bones considerably subsided.

1 P. M.—A full injection of water at 75° F. was used with good effect. 3 P. M., fibrile symptoms again high, as in the morning. Used the double sheet half pack 45 minutes. This was very soothing, and after another shallow bath the frequency and strength of the pulse was much reduced. Cold evaporating cloths constantly applied to head and throat from the first. Half an hour after the last treatment another rigor, accompanied with numbness of the hands, occurred; dry friction and additional clothing soon conquered it. The feet have all day been inclined to coldness, and in addition to dry friction, bottles of hot water kept to them.

5th mo. 5th, morning.—Patient was packed last eve and again at midnight. Rested quite comfortably. Has had shallow bath again this morning. Less pain and soreness of the throat. Pulse 100. Tongue thickly furred with yellow, and breath very offensive. Face swollen and bright scarlet; eyes red, weak, and suffused. Half pack of one hour in the quadruple sheet, followed with shallow bath as heretofore. This is to be repeated three or four times to-day if the fever demands it. Injection again this forenoon.

Morning of 5th mo. 6th.—Patient much better this morning; was packed four times yesterday, and each process afforded marked relief. Slight appearance of rash on face and body this morning, also a dry, hacking cough; weakness and suffusion of the eyes continues, but the other symptoms all abated. Omit the packing to-day, and give shallow baths at 70° F., often as the fever rises. Much pouring of water over the head while in the bath. Until yesterday P. M., the ap-

plication of water was quite unpleasant to the patient, but since then the sensation has been grateful. Wet girdle about the abdomen now worn constantly. Patient feels quite hungry, and for the first time a little nourishment is given, in the form of cold gruel.

7th.—Patient has been gaining finely since yesterday morning. Fur leaving the tongue, and all the functions assuming their natural action. The greatest complaint now seems to be that of hunger, which I deem safer to sparingly gratify until sound health is fully restored.

CASE 2.—BILIOUS COLIC.

One of my friends, who leads an over active life, both mentally and physically, called on me in great haste at 7 P. M., to get relief from the terrible torment produced by an indigestible dinner. He was at the time recovering from a mild form of bilious fever, and by his excessive activity, created an appetite incompatible with the strength of his digestive organs. He had already drank of warm water and vomited freely, but this afforded only temporary relief. The most intense pain was in the region of the umbilicus.

In the treatment of this case, I repeatedly used copious warm water injections, at the same time requiring the patient to drink plentifully of warm water. This treatment, though vigorously applied a full half hour, did not seem to remove the difficulty, though the pain was somewhat lessened. The circulation of this patient was strong enough to warrant a cooling treatment, without preceding it with hot fomentations; and as considerable inflammation in the small intestines was indicated, I resorted to the cold deep hip bath, with strong friction. This was continued about twenty minutes, and followed by a thorough shallow and pouring bath. The patient was then rubbed dry, and a cold wet linen sheet, folded about two feet wide, placed about his abdomen. During all this time the subsidence of pain was only temporary. He was then very closely and warmly packed in the dry blankets. Cold wet cloths to the head. For a few minutes the pain was intense, but soon a prickling and itching of the whole surface commenced. Moisture of the skin followed, and at half past eight P. M. my patient was quietly asleep. At nine, a good wash-down and the wet girdle was sufficient preparation for a refreshing sleep during the night. A day or two of moderation in exercise and diet completed the treatment of this case.

CASE 3.—ERYSIPELAS.

On the 18th of 6th mo., I was called out of town to attend the little daughter of L. B., who was attacked two days previous with inflammation and great swelling on the right hand. It was fiery red, and very sensitive to the touch. Considerable feverishness and other constitutional disturbance was present, and as this little sufferer was a good deal debilitated by a long siege of the whooping cough, the parents felt some uneasiness. Cooling applications were made to the

part affected, which for the time afforded relief, but no permanent advantage was gained. The child remained much the same during the 17th, but on the morning of the 18th, it was discovered that the inflammation commenced running up the arm in red stripes. At noon it completely covered the chest, and the patient became very restless and hot. The wet sheet was applied, but not vigorously enough to do much good. At 3 P. M. the face and nearly the whole body was highly inflamed, swollen, and of a bright red color. About this time, the muscles from the shoulders to the feet commenced twitching, and the child was soon in a convulsion. She remained in an apparently lifeless condition fifteen or twenty minutes, during which time friction and cold applications were made to the surface.

At 5 P. M., when I first saw the child, the muscles were again spasmodically twitching, and she was apparently on the verge of another convulsion. The pulse was more frequent than I could count, but not very full, and the abdomen swollen tense, shortness of breath, and the tongue thickly covered with white fur. The first application was a full injection of warm water. This was followed by a discharge of dark greenish feces. It gave some relief. After cutting off her garment, we succeeded in getting this little sufferer enveloped in a double wet sheet pack. I should have before mentioned that the whole surface was so painfully sensitive that the child would scream at the slightest touch. She was almost immediately soothed by the wet sheet, and soon fell into a sleep, which lasted ten or fifteen minutes. She was then placed in a tub, and water at 70° F. copiously poured over the head and body. Injections were again used, with the same good result. Short packing and bathing was almost constantly alternated.

Such a fearful grasp upon the frail body of this little girl had the dreaded disease, that not until late in the evening could I assure the anxious parents of the comparative safety of their child. The father and myself assiduously applied this simple treatment during the night, and as morning approached, we were gratified by the prolonged intervals of sleep, and to hear her speak naturally. I forgot to mention in its place that this patient was delirious much of the time. It was a cool night, and a strong current of air was kept circulating through the room. Cold evaporating cloths were constantly applied to the head. At 6 A. M., thirteen hours after I found this child as above described, she wanted to go into the kitchen and have something to eat. She was placed in her little chair, and soon commenced playing with a younger sister.

Before leaving, I instructed the parents to follow the same treatment as often as the fever should arise. Give no nourishment but a little cold gruel during that day.

The child recovered very rapidly, except some swelling and lameness of the right hand, which a few days since had not entirely abated. Other ways the mother says the child is much healthier than for months previous.

NEW-YORK, AUG., 1850.

"IF THE PEOPLE can be thoroughly indoctrinated in the general principles of HYDROPATHY, they will not err much, certainly not fatally, in their home application of the WATER-CURE APPLIANCES to the common diseases of the day. If they can go a step further, and make themselves acquainted with the LAWS OF LIFE AND HEALTH, they will well nigh emancipate themselves from all need of doctors of any sort."—DOCTOR TRALL, in "HYDROPATHY FOR THE PEOPLE."

TOPICS FOR AUGUST.

BY R. T. TRALL, M.D.

DEATH OF THE PRESIDENT.—When the red lightning, descending from the storm-cloud, rends the tall pine, or shivers the sturdy oak, we intuitively recognize the natural law which declares such to be the appointed way. But when the strong man, in his full maturity and vigor, is suddenly attacked with disease and quickly numbered among the dead, we cannot well reconcile any principle in the order of nature predetermining such an event, with those attributes of the Governor of the Universe, which we call wisdom, and benevolence, and unchangeableness. The eye of stern philosophy can perceive nothing but violated laws asserting their immutability and demanding their penalty.

Awestricken when the King of Terrors comes unexpectedly amongst us, it is customary to talk of "Mysterious Providences;" and however religious or reverential such language is intended to be, to the mind that can

"See through Nature up to Nature's God,"

it is no better than meaningless blasphemy.

Some of the newspapers of the day have gravely told us, in allusion to the disease and treatment of the late President, that "the physicians struggled hard against the decree of the Almighty," as though the physicians were the friends, but God the enemy of His own work. Against such sentiments, which are most pernicious in their bearing on the human mind, we protest, in the name of religion, of philosophy, and of common sense.

These same newspapers tell us that Gen. Taylor was a very good man, that he had conscientiously discharged all his duties according to the light he possessed, as a man, as a husband and father, as a citizen and soldier, as a patriot and statesman. Why, then, did the Almighty send disease upon him and terminate his existence by violence, in opposition to the benevolent exertions of the doctors? It is such talk, such solemn twattle, that misleads and deceives the world, and makes the great and terrible lessons of wisdom taught through affliction so nearly lost to us.

We are told that the late President had a very singular disease. First diarrhoea, then a resulting cholera morbus; this was followed by a bilious remittent fever, and lastly, congestion *set in*—congestion of the stomach, liver, brain, &c. Verily, it was a singular disease, or a singular way of complicating and confusing a very simple matter. The patient,

undoubtedly, died of an ordinary diarrhoea. All the extraordinary phenomena attending it were most clearly the marks of its progress toward death, and the effect of treatment—mal-treatment, we mean.

We have not yet been, and most likely the public will never be, favored with a full official statement of the patient's symptoms and medical management. The medical reports which have got abroad concerning the treatment of the other Presidents—Washington, Harrison, Polk—who have sunk to the grave with surprising rapidity under allopathic druggery, have not increased public confidence in the popular system. But if such fragments as have got into the papers are fair samples of the whole story, we may reasonably believe of General Taylor as we think of Gen. Harrison, and know of Gen. Washington, that he was killed by the skill of his medical friends. On the third of July, the patient was attacked with diarrhoea; this continued until the ninth, at which time the physicians took charge of his case. In about ten hours after, the patient was dead! The following extract from the correspondence of the *Express* gives more particulars than any other account we have seen:—

WASHINGTON, July 9th.

The President's serious illness was first felt at the Capital to-day, about 1 o'clock.

2 o'clock.—The rumors of the dangerous illness of the President were so great that in both Houses an adjournment began to be thought of.

3 o'clock.—Inquirers at the White House were told that the President was better. The symptoms were in a small degree promising. Hopes of his recovery began to be indulged.

4 o'clock.—Symptoms began to be worse. The summoning of his Cabinet was thought of. Clergymen were sent for, and physicians re-assembled. The strongest blisters had no power over his skin, which had lost its vitality.

5 o'clock.—No improvement; the White House gates shut.

6 o'clock.—Symptoms again bad. Congestion increasing. Groups of anxious inquirers in the ante-room of the White House, and on the steps. Pronounced so dangerously ill that but slight hopes could be entertained of recovery.

7, 8, and 9 o'clock.—President no better. No hope. Crowds increasing about the White House.

10 o'clock.—Reports from the sick chamber contradictory, but such as to inspire a faint hope. Mrs. Gen. Taylor has given up, nature having become exhausted from constant attendance and excitement. Mrs. Bliss is overwhelmed with grief. Col. Bliss appears here and there, much dejected.

Severer practice has been begun, and it inspires hope. The patient has been exhausted by neglected cholera morbus, for which all day Friday he would take no medicine. Calomel and blisters but reduced him more. Quinine is now given in numerous doses. Over 40 grains, it is said, have been given since 5

o'clock, some in injections. The practice is said to be desperate, but such only as can be given with any hope. Pulse under it 104; a rally, and a good sign. Extremities warm. Face not as of death. Patient conscious; drinks, when asked. Mrs. John Bell, from the sick chamber, reports hopefully. So does Major Hunter, U. S. A. So does Dr. Pine. All seem to believe that he will live at least till morning. Indeed, they begin to hope he may survive. The new and more desperate practice inspires hope. Crowds dispersing. The Secretary of State yet present. Southern men about say, "Follow Southern practice (which is far more violent than Northern); that alone can save him."

20 minutes to 11 o'clock.—General Taylor is no more! Death has closed the eyes of the Hero of Palo Alto, Resaca de la Palma, Monterey, and Buena Vista. He who escaped the ball, and bullet, and bayonet of Briton, Indian and Mexican, is cut down in his chamber by the unseen scythe of death. The survivor of the swamps of Florida, and of the hammocks of the Rio Grande, is the victim of the miasma of the Potomac!

Gen. Taylor died in the same chamber in which Gen. Harrison died nine years ago last April. Like officers of high rank were in the ante-chambers of both. Like crowds were in the vestibules and in the rooms below. Like was the anxiety. The Vice-President, now the President, Fillmore, was in the room near by. So was Mr. Clayton, and so were others of the Cabinet. Mr. Webster had been there during the evening. The disease has been singular. It flattered at times, and then dispelled all hope. Quinine had rescued the victim almost from the dead, but only just to have him die. Stimulus made attendants hope, but it was the expiring flicker of life.

12 o'clock.—The bells of the city all toll a sad requiem for the dead. It is a solemn and most afflicting midnight hour. I see Mr. Fillmore wending his way thoughtfully down the stairs, through the vestibule, and along the avenue to his hotel at Willard's. What a weight of thought there must be on his bosom! What an awful responsibility, in an instant, and so unexpectedly, has fallen upon him! What a change of life, of manner, of existence almost, is to come over him! The Editor of the Republic is in the group. The Mayor of the City is there! The sad sighs of a woman are heard in the distance. It is Mrs. Bliss over the loss of a father, or Mrs. Wood; or the good, pious, revered old lady, who has never appeared in public, seldom or never seen but at church,—and who considered it the greatest of calamities that her husband should have been made the President! Her grief is indeed inconsolable. She mourns without consolation. Next to her God she dearly loved her departed husband, but his corpse is all that is before us. There depart the Physicians, Doctors Hall and Wotherspoon. They have struggled hard against the decree of the Almighty—but yield to Omnipotence. A

dreadful struggle they have had indeed with Death—and the whole *arcana* of medicine has been arrayed against him, but all in vain.

12 1-2 o'clock.—The bells yet toll. The whole city is awake. The toll of the bell past midnight has aroused the city from its slumbers—and the streets are yet full of groups.

The stories respecting the President's diet are numerous enough, but how true they are who can say? On the 4th (and he had symptoms of cholera morbus on the 3d) the story is, that while attending a Sunday-school celebration in the morning, he munched green apples, and that on the 4th—after exposing himself to the very hot sun on the monumental ground—with mush and milk he eat cucumbers and cherries. Then all of the 5th he neglected the resulting cholera morbus, and took no medicine to check it—from which came this violent bilious remittent fever.

Observe, reader, the strange incongruity of this story. In the first place, he is "cut down by the unseen scythe of death!" In the next statement, he is "the victim of the miasma of the Potomac!" and thirdly, he has "yielded to Omnipotence!" All this, however, may be put down to the account of loose talk, figurative expressions, &c. So we come to the treatment. Who can fail to perceive that all the medicine given the patient, according to the report before us, lessened his chance of recovery? An effort was made to cauterize the skin with strong blisters, even after it had lost its vitality! "Calomel and blisters," we are told, "but reduced him the more." After having reduced him by one kind of drugging, the doctors change right about and undertake the "desperate" plan of stimulating away the effects they have just produced by the calomel and the blisters. It was, indeed, desperate treatment from first to last!

Because the patient feels slightly the stimulus of the tremendous doses of quinine, just as the unexpired yet dying organism might respond to the impression of a hot iron applied to the vital tissues, the physicians again hope. "The more desperate practice inspires hope." The only ground of hope was the fact that the stimulus exhausted the vitality so much faster that the patient manifested a little heat and feverishness. In the language of the report, "Stimulus made the attendants hope, but it was the expiring flicker of life." But violent and manifestly injurious as was the practice pursued, it was not violent nor desperate enough to satisfy all the doctors. Southern men clamored for a still more violent practice! What did they mean by more violent? More calomel and blisters? More quinine? More stimulants? or merely something stronger in effect, without any regard to the nature of that effect?

When Harrison was having his vital spark extinguished scientifically—that is, by drawing out the vital current which fed it—the medical gentlemen in

attendance, on the ground that the age and debility of the patient forbade general blood-letting—taking blood by means of a lancet—resorted to local blood-letting—taking blood by leeches. That was a marvelously bright conception of an idea, that a pint or a quart of blood drawn by leeches would not weaken a person, as would drawing the same quantity by a lancet. Unfortunately, as it perversely happened, the leech-bleeding did reduce the patient very much; yet, notwithstanding this obvious result, there were not wanting doctors in those days who strenuously contended for a more violent practice. They insisted that he ought to have been bled still more!

Washington, in his last illness, was bled to the extent of several quarts within twelve hours. In addition to that not new, but sufficiently "desperate" practice, which seemed at first to "promise hope"—for it certainly *subdued the feelings and sensibilities* of the patient—he took calomel and antimony enough to have killed two or three well persons. Very likely there were then doctors enough who supposed the practice in his case was not sufficiently violent!

We do not dwell on these points for the sake of criticising language. "Straws show which way the wind blows." The manner in which men employ words shows what ideas may be revolving in their brains. As far as we can learn any thing from the reports of the physicians under whose hands Washington, Harrison, Polk, and Taylor have suddenly and prematurely died, the whole plan of medication has been based on the vague idea that "desperate diseases require desperate remedies;" in other words, the more violent and dangerous a patient's disease is, the more violent and dangerous must be the drugs and destructives administered to him. It is astonishing that a notion so self-evidently absurd should have controlled the practice of the medical profession so long.

THE CHOLERA.—As the warm season advances this disease reappears in many of the places in which it prevailed last year. At Cincinnati, St. Louis, Nashville, and various other places South and West, its ratio of fatality has been about the same as last year, although the whole number of cases has been much less. What a commentary is this fact on the numerous vaunting reports of successful plans of treatment, published just *after* the epidemic subsided. One physician had treated 300 cases, and lost four! Another 150 cases, and lost two!! Another 500 cases, and lost none!!! &c. So it will be this year as soon as the Cholera disappears. Who can place any confidence in medical testimony when so many are interested in circulating the most extravagant falsehoods? Soon after the disappearance of the Cholera in this city in 1832, one of our most distinguished allopathic physicians, who has filled, creditably, we believe, a Professor's chair in one of our medical schools, who has had a large practice and extensive experience, who has also filled several important stations as

medical officer, who has further edited many books and written many "contributions to the medical literature of our country," and who is, moreover, the editor of a medical journal, wrote a book in which he asserted, and undertook to prove, both from theory and experience, that *bleeding* was the great remedy, the sheet-anchor in the treatment of the cholera! If you could get blood enough out of the patient's body, he might recover; if you could not, he surely must die. Such was the quintessence of the conclusion of his book, written, as just remarked, immediately after the cholera of 1832. Well, in 1849, the disease appeared among us again in exactly the same form, and with almost exactly the same rate of mortality. What does the author of our blood-thirsty book? Of course you will say he bleeds. Could he have so soon forgotten his sheet-anchor? No, not a bit of it. He has not forgotten his book, but for good and sufficient reasons he practices very differently. Such is an average specimen of the consistency between medical theory and practice. Such the utter worthlessness of nine-tenths of the experience we find recorded in medical books.

Probably we shall have a short visitation of the pestilence before the summer is over, and probably the apothecary shop and the grog shop will rival each other in providing the people with specifics. The tincture of opium and the sugared brandy will go down the throats of our fellow-citizens, under medical advice, as though the only way to defend the system against the atmospheric virus was to render it the most poisonous of the two.

Nothing can be more factitious, more artificially produced, than the disease called Asiatic cholera. Those whose personal habits are reasonably hygienic, have nothing to apprehend from it or any similar pestilence. Those who live on plain, unconcentrated vegetable food, partake freely of good ripe fruits in their season, take a daily cold bath, religiously abstain from all intoxicating drinks or stimulating condiments, and avoid all sorts of apothecary stuff, are perfectly safe from its ravages, unless addicted to some very gross error in some of their voluntary habits. We assert this not only on the strength of demonstrable theory, but on the experience of thousands who have put the theory to ample proof.

WATER-CURE IN ALABAMA.—We are rejoiced to learn that our new system is received with favor by some of the best minds in the South.

Mr. T. B. BRADLY, a graduate of Union College, New York, now editor of the SOUTHERN STAR, in Huntsville, Alabama, has taken up the subject, and is doing good service in making converts to our improved mode of relieving "human suffering." Go on, brother: thanks will be tendered to you for every line you print on Hydropathy.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M. D.

CASE VII.—SCROFULA.

THE word Scrofula is derived from the Italian *scrofa*, a sow. The disease is developed under the forms of king's evil, hip disease, white swelling, tuberculous consumption, tabes mesenterica, marasmus, ophthalmia, deafness, and numerous local diseases. What is called the scrofulous diathesis, is marked by a fair, light complexion, fine, silky hair, blue eyes, pointing upper lip, often by great precocity and beauty. It is hereditary, carrying its train of distressing and fatal diseases through many generations, and often destroying whole families. It seems to be a disease of civilization and of mixed races. Negroes are little subject to it, but it is very prevalent with mulattoes. The same is the case with Indians and half-breeds. No people are so scrofulous as the English, nor are any made up of such a mixture of races, and we inherit much of the same predisposition.

Animals living in a state of nature are not known to be affected with scrofula, but it prevails extensively among those which are domesticated, and particularly those which are kept closely confined, and fattened for food. Hogs are peculiarly subject to it, and the great consumption of pork in this country is the source of many of its scrofulous diseases. It is probable that if we could all be converted to Jews or Mohammedans, or in any way induced to abandon the eating of pork, there would not half so many of our people die of consumption. Cows, tied up in close stalls, breathing an impure atmosphere, and fed on the swill of the breweries and distilleries, rot down with scrofula. All that keeps them alive is the drain of a continual milking, which carries off large quantities of scrofulous matter; and this poisonous milk is sold all over the city, and especially to the poor. Our children are fed on it, and thousands of them die in consequence, of scrofulous diseases. It is no wonder that twelve thousand children should die in New York, in a single year, when we consider what diseasing and deathly influences they are exposed to.

Scrofula, I have said, is an hereditary affection. When either parent is scrofulous, the children will be more or less affected. Thus we see the king's evil, or glandular form of this disease, prevailing in some families, while in other instances, they all die of consumption. It is sometimes seen that pregnancy suspends the progress of consumption; and, in those cases, it is to be suspected that the mother is relieved at the expense of the child; for the children of scrofulous mothers have been born with fully-developed tubercles, while others soon die of marasmus, enlargement of the mesentery, &c. Thus the child purifies the blood of the mother, before its birth, and continues to drain it of its diseased matter afterwards by nursing. In such cases, the only salvation of a child is to take it from the mother,

and either provide it with a healthy nurse, or wean it on the milk of a healthy animal.

The Water-Cure has afforded unconvincing proofs that scrofula depends upon a *materia morbi* in the system; a real virus or poisonous matter, which will destroy the constitution, if it is not cast out of it. In the allopathic practice, the common treatment is to give mercury in its most violent form of corrosive sublimate, arsenic, iodine, chlorine, cathartics, opiates and tonics; a miserably inefficient, tampering, palliative treatment, which can be productive of little good, and which must do harm in a majority of cases. In the Water-cure treatment, the matter of disease is cast out of the system. It comes through every pore. It is palpable upon the sheets and bandages. It breaks out in critical eruptions, boils, and abscesses; and at every outpouring of this scrofulous matter, the system shows manifest improvement, until the disease is all cast out, and the patient is restored to the purity and vigor of health.

There is no disease more nearly universal than the scrofula in its various manifestations; there is no one that is less benefited by the old systems of medication; and no one that more surely yields to the Water-cure. In all cases where vital organs are not too deeply affected, and where there is the necessary amount of vitality in the system, scrofula can be thrown off by the processes of this system, and in a few years it might be washed out of the world and entirely eradicated, and the human race, by cleanliness, purity of diet, and proper modes of life, might be kept forever free from this slow but devastating plague, which now destroys more lives than all our epidemics.

The case I have to give in illustration, is that of a beautiful boy, five years old, whose mother had died, in his infancy, of consumption. He has all those marks of delicacy, beauty, and precocity, so often connected with the disease. When I first saw him his cheeks were puffed out to unnatural fullness, with a deep purple redness; on one side of his neck was a large hard swelling, threatening a formidable abscess; there were ulcerations around both ears. He was what is called chicken-breasted, having a narrow chest and great projection of the breast-bone, while a heavy indolence or dull stupor showed how sadly his nervous system was loaded with the diseasing matter. He was brought to Mrs. Nichols, as a forlorn hope, and she, for the most part, directed the treatment.

This consisted in a diet as pure as possible, and just sufficient for the purposes of nutrition; pure air night and day, and as much out-door exercise as he could take; properly-regulated gymnastic exercises to relieve the deformity of his chest and give vigor to his muscular developments, and alternate packings in the wet sheet and dry blankets; wet sheet packs of an hour or an hour and a half, and blanket packs until a full perspiration was induced: each, of course, followed by bathing in cold water, and bandages night and day.

Under this course of treatment, watched and varied from day to day as the symptoms demanded, this boy, who was sunk in such a hopeless state of disease, recovered steadily, week by week, until he has become an image of perfect and beautiful health. His skin is clear, his cheeks are flushed with bright carnation, his eyes sparkle, he is full of vigor and vivacity; his form has grown natural; and there remains not one symptom of disease.

First came the healing of the ulcerations around his ears; then the swelling on his neck slowly disappeared; then gradually health took the place of disease; but during this process, there were several well-marked phenomena of curative action. At one time, the action of his system, excited by the curative processes, took on the form of a violent fever, which ended in a crisis of ring-worms, that covered his whole body. This curious phenomenon was two or three times repeated. At other times he broke out in violent rashes over portions of his body, but he had no boils nor abscesses, and these critical periods were easily managed, and very evidently contributed to his cure.

It was a case, from first to last, that must have convinced the most sceptical of the power of the Water-cure in scrofulous diseases.

CASE VIII.—ACUTE RHEUMATISM.

While writing out the above case, I have had a visit from a patient who, four weeks ago, was suddenly prostrated by a most violent attack of inflammatory rheumatism. He was just the kind of man to have this excruciating disease in all its force and terror. Of a full, sanguine habit, a free liver, engaged in a business that subjected him to bad air and gave him no exercise, he was just the subject for a fever of any kind.

I found him bloated with unnatural fatness, his skin purple, his pulse quick and full, and incapable of moving himself or of being moved without the most excruciating agony. Here was an ugly case to handle. His friends shook their heads, and told him doctoring was of no use, the disease must run its course, and if he got so as to walk in six months he might think himself happy. Some laughed at the idea of using cold water; others tried to alarm him; but he had some knowledge and experience of the Water-cure in his family, and determined to give it a trial.

Having spread a pack of comforters and blankets, I wrung out two large sheets in cold water, leaving them pretty wet; with great difficulty he was laid upon these, and they were drawn close around him, and the pack completed. The relief was, to use his own expression, "heavenly." Not all the opiates in the world could give such a delicious sensation, as that wet sheet to his fevered and agonized frame. In a few minutes he had sunk in a quiet sleep. In an hour he was taken out, washed as well as he could be, in his condition, and wet bandages were applied, during the day and night.

For eight days this treatment was kept up, and during that time his only food was a little toast water, and even that was not allowed him for several days. He had other business in hand. His tongue was exceedingly foul, his breath fetid, and every pore, by the aid of his packings and bandages, was throwing out a matter that evidently had no business in his system. In four weeks he lost just twenty-eight pounds—a pound a day. In a little more than a week, the fever had been so far overcome that I alternated the blanket pack with the wet sheet, and this procured profuse sweatings. His bowels were moved daily with injections of cold water, and he began to take small quantities of gruel, dry toast and strawberries. In two weeks he is able to walk; in four, he is about town free from pain, and looking so clear and bright that everybody congratulates him on his improved appearance.

His cure is thorough, and with the proper care of himself he need never be sick another day in his life. He has not lost a drop of blood, nor taken one grain of medicine; so that there is no calomel, colchicum, or opium laid up for future mischief. The course of cure has been one of thorough purification and renovation—the only cure worthy of the name.

I consider this case a good one; but with more constant attendance, and the greater facilities of a water-cure house, it might have been a little more rapid. The patient lived two miles from me, and the great difficulty of moving him prevented some of the applications being as thorough as was desirable for a rapid cure. But it may be not the less thorough, and the patient has good reason to be satisfied.

CASE IX.—FEVER AND AGUE.

A worthy cartman of this city, about thirty-five years old, of a full habit, came to me with a dull tertian. Last summer, he followed the advice of the allopathic doctors, and lived on beef steaks, with a little brandy, to prevent the cholera. The disease accumulated by this mode of living, and by a hearty winter diet, was trying hard to work off in the paroxysms of this miserable disease, but it was making poor work of it. His wife, a smart water-cure woman, thought I might help him out of his trouble; so, taking his packing materials on his cart one morning, he came to see me.

"Well, Doctor," said he, "I have got the fever and ague. Do you think you can cure me?"

"Unquestionably—it is an ugly customer, but it must knock under."

"How long will it take?"

"Oh! that is another question. I never knew a case to last over three weeks; and very often it is cured in three or four days."

"Very well; I am going to let you try it, anyhow."

"There is one thing more I must tell you—you will be worse before you are better, and the harder you have it, the sooner it will be over."

With this pleasant premonition, we went to work. First I gave him a warm rubbing bath, with plenty of soap, to get his skin into good working order, with a dash of the douche after it, and put him on a fever diet of brown dry toast and strawberries. The next day was the time to shake, and I directed him to come before the time for them to come on. As the symptoms began to appear, I put him in the wet sheet pack. For a few minutes this seemed to suspend them, but they soon came back with redoubled violence, and he had a highly respectable fit of rigors, a rapid fever, and a most profuse perspiration, in the midst of which I put him under the douche.

This was a good beginning. I had already increased the violence of the disease; or, as it may be more truthfully expressed, I had aided nature in her efforts to get rid of it. The next day I gave a douche; on the third, a pack as before. He drank water in large quantities, and every pore was doing its work. The next favorable indication was a change from tertian to quotidian—that is, he had the fits every day, instead of every other, and so bade fair to get through with them the quicker; and as there was so much sweating to be done, I helped it with the blanket pack, toning and stimulating with the douche. In a little less than two weeks the fits had vanished, and so had twenty-one pounds of superfluous flesh, leaving my man a little weak, but very well.

Every new case I have of this disease satisfies me more and more how unnecessary it is to poison people in such cases with quinine or arsenic. Quinine is one of the most powerful of narcotics. It overcomes the disease, but never casts it out of the system. It benumbs and paralyzes the powers of life, and the patient does not shake because he has no power to do so. But the mischief is in his system, and so is the poison he has taken in addition, and sooner or later he will feel their effects; probably in some fatal chronic disease. Fever and ague is, so to speak, a healthy disease. It is the effort of a strong constitution to rid itself of its evils. Aided by the water-cure, it does its work, and the patient is the better for it, but this cannot be the case when the disease is merely masked and paralyzed by the usual medicines.

* 87 West 22d Street.

DIETETICS.

BY T. L. NICHOLS, M.D.

In the July number of the WATER-CURE JOURNAL, I gave a brief report of the proceedings of the late Vegetarian Convention, and promised to write further upon the subject. Perhaps I cannot do better than to give my own dietetic experience, and the results of my own observation, before giving the historical, scientific, and other arguments upon the subject.

Sixteen years ago, while attending medical lectures at Dartmouth College, when Dr. Muzzy, the eminent surgeon, was a professor in that institution,

my attention was directed to the influence of diet and regimen, and I adopted, as an experiment, what has been commonly, but very improperly, called the Graham system of diet; for if the system is to be named after any man, it might with much greater propriety be called the Pythagorean, or even the Adamic. A system practiced by the primeval races of mankind, by many of the sages of antiquity, by the wisest and purest men of every age, and by a majority of the human race in all ages, surely ought not to receive the name of a modern lecturer, who, whatever his claims to zeal and science, can have none to originality.

I resolved to enter carefully upon the vegetarian system, to the entire exclusion of flesh, eating rarely and sparingly of eggs and fish, and abstaining from tea, coffee, and all alcoholic stimulants. I also took much exercise, bathed daily, and conformed generally to the laws of health. It is said that all transitions are painful, but I do not remember that I experienced any inconvenience. I sat daily at tables loaded with all the luxuries of flesh and fowl, with the richest and most piquant dishes of the French cuisine, but I remember eating my meal of potatoes, with a little salt and milk, with exquisite relish. My health, vigor, cheerfulness, and activity of body and mind, increased continually. My appearance improved, my whole system seemed to be refined and exalted. I look back upon this period of my life with great satisfaction, for never was I more active, more useful, or more happy in proportion to my situation.

I continued this experiment for a year and a half. At the end of that time I was placed in circumstances that rendered it difficult to procure a proper vegetable diet. My zeal for experiment was also greater than my sense of duty, and I returned to the ordinary mode of living; but the strength I had gained in my vegetarian experiment lasted me for years. For five years I scarcely knew what sickness meant, and I do not remember to have had one severe pain in all that period. This immunity from pain was very remarkable; so that a tooth would entirely decay without one twinge. Wine, which I sometimes drank on convivial occasions, had very little effect upon me, or rather, however much excited I was, I had, from the strength of my nerves, great power of self-control. Being engaged in arduous literary labors, I resorted to the stimulation of tea and coffee. Tobacco I never used, and was never habitually addicted to alcoholic drinks; but I indulged freely in a mixed diet.

In this course of life, though what most people would call careful and temperate, the tone of my system sunk year after year, until I was sensible of my constant need of tea and coffee. The latter, especially, I drank very strong, and in large quantities; and after a day of exhausting labor, I often drank a large cup of strong coffee, as made at the French coffee-houses, at nine o'clock in the evening, and then wrote till three o'clock in the morning, when its stimulation would be exhausted. In the morning I

was too languid for any exertion, until I drank my coffee for breakfast.

I became satisfied that I had carried this experiment far enough. I remembered the calmness, the vigor, the hilarity of my vegetarian experience, and contrasted it with my present condition. I resolved to gain the ground I had lost, and having made the resolve, I carried it into execution. In the spring of 1848, I abandoned the use of flesh and all stimulants, and returned to a pure and simple diet, and the regimen of water-cure. There were some days of languor, but my system very rapidly recovered its tone, and for more than two years my health and strength have been constantly improving, so that I am now nearly as well as I ever was in my life. I rise at half past five, in full vigor; I eat a breakfast of boiled cracked wheat, or hominy with milk and sirop, potatoes, bread and butter, with such fruit as is in season. For dinner we have potatoes, peas, beans, turnips, beets, &c., with bread, rice, puddings, fruit, and a more spare and simple supper, drinking cold water at every meal. Occasionally we have eggs or fish, but I rarely partake of the latter.

Upon this diet I am stronger, heavier, more active, more enduring, and far more happy than I ever was upon a mixed flesh diet, with tea and coffee. My wife has not tasted flesh for twelve years, and though she was at the beginning of that period expected to die of consumption, she is now in better health than she has ever been in her life, and is capable of enduring greater exertion than most women. There is no member of our family whose experience is not entirely in favor of a pure diet, and our varied ages, constitutions, and occupations may be considered a fair test of its general adaptation.

It will be seen, therefore, that, in this respect, "I speak what I do know, and testify what I have seen." I have tried both systems over and over, and must be permitted to know which is best better than those who have tried but once. At the same time, I freely admit that a badly chosen vegetarian diet may be more pernicious than a carefully selected mixed diet, of which flesh makes a part. But though temperance with flesh is better than gluttony without, there must be such a thing as a diet best adapted to the human constitution, and that it is every man's duty to discover, and live upon. Men are capable of living upon a great variety of substances, but there must be some food pre-eminently adapted to his nature, and proper to his highest development. This proper diet for man, science and experience must determine. I will give, briefly, some of the reasons, aside from my own experience, which make me believe that a vegetable diet is the one best adapted to the human constitution.

In looking over the domain of nature, we find that some animals are carnivorous, or flesh-eating, some herbivorous, eating grass and foliage, some frugivorous, or fruit-eating, and a few are classed as omnivorous, eating all things. Of the carnivore, we have

the lion, tiger, &c.; of the herbivorous, the horse and ox; of the frugivorous, the monkey tribe; and of the omnivorous, the hog and some others, though the only strictly omnivorous animals are said to be the duck and the pismire. All these animals, according to the plan of nature, are adapted to their mode of life. The carnivore are able to spring upon their prey, they have strong claws to hold it, teeth to tear it, and short alimentary canals fitted to its digestion. The herbivorous animals, on the contrary, are without claws to seize prey, have teeth for cutting and grinding, and long intestines for a protracted digestion. The fruit-eating animals have hands for climbing and picking fruits and nuts, teeth for biting and mashing them, and an alimentary canal of medium length. The omnivorous animals are of a mixed character, and filthy habits, and seem designed to act as scavengers, to eat up what would become offensive.

Now, to which class of these animals does man belong? Not to the carnivorous, for he has neither the strength, agility, nor organs that would enable him to live on prey. Not to the herbivore, for he can neither eat grass nor digest it. It would be neither complimentary nor true to class him with the hog; but in his form, his hands, his teeth, and his internal conformation, he bears the closest resemblance to the orang-outang, and other animals which live on fruits, nuts, and the seeds of vegetables. It is impossible that an anatomist and naturalist can come to any other conclusion than that man is by nature intended to live on fruits and vegetables.

Linnaeus says that the series of quadrupeds, analogy, and the structure of the mouth, show that fruits are the natural food of man.

Gassendi, in his letter to Van Helmont, says, "From the primeval and spotless institution of our nature, the teeth were destined to the mastication, not of flesh, but of fruits."

Baron Cuvier says, "Fruits, roots, and the succulent parts of vegetables, appear to be the natural food of man; his hands afford him a facility in gathering them; and his short, canine teeth, not passing beyond the line of the others, and the tubercular teeth, would not permit him to feed on herbage or devour flesh."

Ray, the botanist, says, "Certainly, man by nature was never made to be a carnivorous animal."

Professor Lawrence says, "The teeth of man have not the slightest resemblance to those of the carnivorous animals, except that their enamel is confined to their outer surface."

Thomas Bell says, "Every fact connected with the human organization, goes to prove that man was originally formed a frugivorous animal."

At the creation, man is said to have been placed in a garden to till it. "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat"—the word meat in the Scripture everywhere meaning food, and not flesh, as in our pervert-

ed use of it. Adam was to have dominion over the animals, but nothing is said of his eating them; nor, in the description of the qualities of animals, is it intimated that they were ever to be the food of man. The condition of man in paradise, and the promised millennium, when the lion and lamb shall lie down together, forbids the idea of butchery.

The first man who ever ate flesh was probably driven to it by intense hunger, which has prompted men to go a step further and eat each other. Cannibalism is in reality but a short remove from flesh-eating; and the man who would devour the lamb who has been his play-fellow, ought not to feel a much greater horror at eating his human companion. In reality, we find cannibals urging pretty strong arguments of taste and propriety in favor of their practices.

The early Greeks and Romans, in the heroic ages, lived almost entirely on vegetables, as have some of the bravest, strongest and noblest races that have ever existed. The most eminent philosophers of ancient and modern times have been vegetarians; and there are a thousand facts in human history to show that a vegetable diet is consistent with the highest physical, moral, and intellectual development. It has been said that all philosophers have given their testimony in favor of a vegetable diet, from Pythagoras to Franklin.

To a man of science it seems strange that there should be any controversy on this subject. But appetite is an obstreperous arguer, and when we find men contending for tobacco and brandy, tea and coffee, in health, and the medication of a host of nauseous and poisonous drugs in sickness, we need not be surprised at their clamoring in favor of eating the flesh of animals for food.

I will conclude this article with a paragraph from my "Introduction to the Water-Cure," leaving other interesting points of the discussion for future numbers.

"All vegetables feed upon gases, or their combinations—certain chemical principles found in the air, water, and the soil in which they grow. All animals live upon the substances thus elaborated by vegetables. Some animals live directly upon vegetables; others get the same materials indirectly, by eating other animals. The order of animals to which man belongs is naturally frugivorous, or fruit-eating; hence our best sustenance is derived from fruits, grains, roots, nuts, etc. To these we add milk, eggs, fishes, the flesh of animals, etc. A large portion of the human race live entirely upon vegetables; a very small portion live entirely upon animal food. We can live far better on vegetable food without animal, than we can on animal without vegetable. The more the vegetable preponderates over the animal, the purer is our diet, and the better adapted to health—and health is vigor of body and mind. The best flesh contains about twenty-five per cent. of nutritive matter; the best vegetables, such as wheat, corn and rice, contain eighty or ninety per cent. Vegetable food is the purest, as it is the cheapest human nutriment."

In my practice, I always restrict the quantity and

prescribe the quality of flesh to be eaten by a patient, and often recommend, and, in some cases, insist on total abstinence. But it is a subject on which I wish to have no controversy. Let every man act conscientiously, according to his knowledge, reason, or instincts. If a man, after a fair examination of the subject, think he ought to eat like a tiger or a hog, I have nothing to say. "As a man thinketh, so is he."

87 West Twenty-second street.

THE HUNGER IN CONNECTION WITH THE WATER-CURE.

BY E. A. KITTREDGE.

TWELVE years ago I began the Hunger-Cure in my practice at Lynn, having got the idea from somebody's common sense, that eating when you are sick is not just the best thing in the world to cure folks.

At that early period I found it difficult to get many to make the experiment, but those who did were invariably convinced that it was well for them that they had done so.

The first one I recollect, abstained seven days, tasting nothing but water.

This patient was attacked with typhoid fever, which usually lasted her over a month; in eight days the fever had left her, and her appetite was natural, she "got right up." I made my calculation at the time, that if I had not been so sparing of my "medicine" and "slops," I might have had a bill three or four times as large! Since I got into the water (cure) all over, I have tried it very frequently.

Mr. B., of Lynn, was taken with typhoid fever. I gave him wet sheet once or twice a day; sitz baths three times, with other treatment; and for three weeks gave him no gruel or anything but cold water, not even the suck of an orange. At the expiration of this period his appetite returned, and all his fever left him, and everybody was greatly surprised but me, to see how strong he was, and how quickly he resumed his accustomed tone and business.

The fall before, he had his usual annual typhoid, but was treated in the *old-fashioned* way, took physic daily, and "fever medicine!" hourly, "consequently" he was very sick *three months*, and it was many weeks besides this, ere he was able to resume his business!

The year following he was taken precisely so again, only he was in worse condition this time than ever before, and again we put him on the defensive, and for twenty-one days he resolutely, though daily importuned by his anxious neighbors, adhered to the "starvation plan," and, as before, the fever left him at this lapse of time, and in a few days more he was walking the streets!

Here we see the two systems in juxtaposition. Can anybody doubt "which of the two to choose?"

Since then, I have had patients repeatedly, who have tried the same experiment, some of whom have

gone twenty-two days, and in every case I have had every reason in the world to believe that they not only got well quicker, but suffered infinitely less during the fever and got their strength up much better afterward than they would have done if they had taken gruel, &c., daily. It is reasonable that it should be thus.

Nature, who knows more in a minute than most doctors know in a week, says as plainly as she can, by stopping the appetite, that she wants no food.

And to me the philosophy is plain: we all know that the digestive organs are the ones primarily affected in all diseases, or at least affected, pretty soon after, if not in the beginning. Now, it must increase the irritation and inflammation nearly always existing, if those organs are made to act upon food they have no desire or use for. If taken into the system, it must be got rid of;—very often we see the stomach rejecting the namby pamby stuff, with indignant haste—and every one knows that all such nonsense is loathsome to the sick generally, and surely to *force* gruel down is the height of folly.

It is not only the organs immediately concerned in digestion that are benefited by fasting, but the whole glandular system is more or less profited. Oftentimes their secretions are so changed thereby that a new impetus is given to the whole system.

The absorbents, too, are roused to a remarkable degree frequently, and I have often found fasting far more powerful even than calomel, and I need not say, how much better for removing obstructions in the various glands.

Patients who, for months, have been yellow, stupid, and in pain, from obstructed liver, have become from fasting and gentle bathing alone, clean, bright, and free from pain.

That even the weakest and most unstimulating of nutriment, I know by experience, is decidedly injurious; twice, when sick, I have tested this to my entire satisfaction, taking gruel one day and fasting the next, and invariably I felt infinitely better on the days I fasted, and yet I had an appetite all the time.

Once I went ten days without tasting food of any kind, and during that time attended to my usual business, going out of town every day. And what will appear strange to some, my strength seemed to increase every day! At any rate, I felt more and more elastic every day.

During this time I bathed freely, and drank fifteen tumblers of water daily.

I have now in my house a patient who has been thirteen days without eating a particle, and she says her muscular strength seems as good as at first. She has an appetite—and here, let me say, it takes somebody that has some resolution to fast a fortnight when they have an appetite. You'll find but few equal to the task; and yet, I am firmly convinced, that in very many cases—inflammation of the alimentary canal, especially—it is in vain to try to do

anything with water or anything else, while the irritation or inflammation is constantly being perpetuated by the introduction of food, which at such times is as much a "foreign substance as sticks or stones"

A case in point: A near relative of my own was taken about three weeks since with bilious colic; being troubled with chronic inflammation of the liver and living without regard to her liver, her liver rebelled, became obstructed, and the most terrible pains ensued. She was relieved by wet sheets, &c.; but beginning to eat again as soon as well over the pain, it came on again; she applied the water, got better, came to New York—a hundred miles—to get to a water-cure, but notwithstanding, she got into one of the best. She kept having those terrible pains, till they thought her dangerous, and telegraphed for me. All I did differently from her New York advisers, was to stop all food from going into her stomach, and immediately started with her for Boston, where she arrived—with the slight exception of losing her purse, as usual—in a great deal better condition than when she started!

She is now, the sixth day, just beginning to eat a little *soft* food, such as farina; she ate toasted bread in very small quantities, without butter, in New York, but that to her stomach at such times is about as bad as aqua fortis!

The treatment in her case has been essentially the same as before, but instead of having these attacks, and growing more and more yellow every day, she is growing less and less yellow, and has had no approach of an attack since she stopped eating.

It requires some judgment to know when to put a patient "on allowance," providing they have an appetite. When they don't, no sensible man will think of eating or giving others to eat.

I have now on hand three cases of typhoid fever in one family, all of whom, of course, I directed to abstain from eating, but one of them not being very sick after three or four days' abstinence, thought a little food would taste good and strengthen him up; accordingly he ate a very little twice, but soon found that the Doctor knew about as much as he did,—he hasn't tried it since. It made him feel badly, especially in the head.

If a person has a coated tongue, fetid breath and bad taste in the mouth, you may be pretty sure it will do him good to fast, appetite or no appetite.

I was called to a man yesterday whom the "doctor" had flattered with the assurance that he had got the rheumatism! and with a view to cure it, had for the last five months been giving him stimulants, morphine, &c.!

His case proved, on inspection, to be what nine-tenths of all their "rheumatisms" turn out, namely, inflammation of the liver! which, in certain constitutions, always affects the joints, and most of the common doctors think everything that affects the joints in any way must be rheumatism!

I found the man eating beef-steak!

Raw rum would not have been much worse for him.

They thought I was joking when I told him the trouble was in his liver, but when I pressed my finger on his liver, they found I was in earnest.

Now, I hesitate not to say that this man who has suffered the most excruciating pain, day unto night and night unto day, for months—taking opium enough in one night to kill three or four well men, and eating all sorts of food—might, under proper management, have been cured in a fortnight!

Just imagine an inflamed liver at work on a piece of tough beef steak, assisted afterwards by an ounce of laudanum!

No wonder the medical profession is a reproach and a by-word, when the very best of its members treat inflammations in this way.

A man has an inflammation of the liver in consequence of over-eating, and eating and drinking improper things. The "Doctor" comes and gives him stimulating cathartics; "blue pill," which is also stimulating; colchicum and quidicum, which are more so still; and by this time, the "rheumatism," is so bad that it takes an ounce of tr. morphine, (equal to 3 or 4 of laudanum) to keep him in bed, and the next day he's worse than before, of course, and the "remedies!" are increased, and after months of "piled up agony," he becomes crippled for life, with inflammation and enlargement of the bones, or dies a poor victim of drug medication, and the doctor—"dear, kind-hearted man, he done every thing he could think of for him"—says, "Poor fellow, rheumatisms are hard to cure, in such constitutions!"

"Hard to cure," indeed, with such means. I should as soon think of making a virtuous man out of a vicious one by keeping him in a brothel with plenty of rum before him. He would be in no worse condition for the purpose than the patient with inflamed liver usually is under allopathic treatment.

In conclusion, let me entreat all of my brethren to test for themselves this "Hunger-Cure" who have never tried it.

They will, I am convinced, find it much more easy managing fevers, and inflammations especially.

Hydropaths have seen so much to astonish in the "Water-Cure," they ought to be prepared to receive aid from anything simple, however contrary it may be to their preconceived notions, and surely they owe it to the world to study into "these things," and see, at least, "if they be so."

Don't let us be as the allopaths have been, for a thousand years, more or less, content with what our predecessors have told us, but search diligently, to try carefully everything that looks in any way likely to be of use in the furtherance of our noble aim.

Dr. Diet, Dr. Quiet, and Dr. Merryman, are the three best physicians in the world.

CONSIDERATIONS FOR COMMON FOLK—No. 3.

BY J. C. JACKSON.

In discussing the question of human health and longevity with the readers of the *Water-Cure Journal*, it comes in my way to say something of Doctors. The profession of medicine is one that embraces in its scope proper, a larger amount of human interest than any of the liberal professions. It is a dignified profession and those who adorn and honor it are called more frequently into circumstances fraught with joy, or with unspeakable anguish, than any class of men in public vocations.

The term Doctor literally means *teacher*. Hence are there doctors of medicine, of law, of divinity. It does not necessarily follow that *Doctors* in either of these branches of science should be physicians, and in many instances, those known as Doctors of Medicine, M. D.'s, are not of much account as physicians. A physician is a doctor who possesses not only aptness to teach, but also to practice what he knows how to teach. In other words, a physician—a true one, deserving of his title—is a man understanding the human organism, the liabilities to derangement to which it is subject, and who always avails himself of whatever of truth may present itself. He is Nature's Assistant; and without a readiness always to acknowledge, and faithfully to adhere to the dictates of NATURE as to the highest authority, he will degenerate into the veriest retailer of other men's opinions.

As a *body* of men, M.D.'s, or Medicine Doctors, are only slightly entitled to the respect and love of common folks. They are too conservative. Owing to long undisturbed possession of the art of healing, enjoying its monopoly, looking on its practice as by *prescriptive* right *their own*; protected as they have been in their monopoly of the business by terrible legislative *cheveux de frize*, they have grown heavy in thought, slow in mind and mould, and lack that liberality, as well as elasticity, which long since they would have had, had they been subject to the spur of competitorship. To this statement there are individual exceptions. There are those on whom God has let fall the Gift of Genius, who live in no charmed circle, whose track is of their own making, as the fire pillar from the PAST throws its light on their advancing footsteps. These men tread heavily and fearlessly over the ten thousand vain speculations of predecessors, and know nothing as imperishable and immortal but the *truth*. Honoring this, they gladly sit at the feet of him who has it to communicate, whether it be Harvey, Jenner, or Vincent Priessnitz. Titles with such men are mere drapery, and are never honored by them with more than a passing notice. It is a subordinate question with such men *where* one learned what he knows, to the question *whether* he knows it. Such men there are in the body aggregate of medical doctors, but compared with the whole number they are like sweet clover on

a Scottish heath. The majority of doctors within the range of my reading and observation cannot be included in the description sketched above. They are sticklers for forms, as much so as a lawyer of the eighteenth century, or a minister who heard Cotton Mather. They fairly worship the emblem—the outward signs or symbols of their calling. Their title is as a first-born child to many of them, and they feel without it as though they were smitten with the palsy. See! on every occasion it is tacked on to their names, and some are *so weak as to tack it on themselves*. An article for a medical journal, a newspaper argument, a literary production, all have to aid in the circulation of the *fact*, that the writer is a *graduate* of a medical college, and has proof of it in the shape of a sheep-skin parchment, printed over with Latin characters. Would it not be funny if you should, in a given instance, call on one of these M. D.'s for proof of his having graduated at a medical college, and he should with great gravity hand you his diploma, what could you do but confess your ignorance of the language! And with four-fifths of the doctors, what would any of them do but “enter a *cognovit*,” as the lawyers say? that is, acknowledge that he was in just your predicament, ~~as~~ he could not read it. O, stuff and fustian! the bounds of thy empire are like the horizon, illimitable.

The very idea of being a doctor of medicine puts one seriously at thought whether the epigram in a late London Inquirer is not true, that

The world of fools has such a store,
That he who would not see an ass,
Must bide at home, and bolt his door,
And break his looking-glass.

Whatever reason there may have been in ages past for confining the practice of medicine to those who held a governmental license, or a license from some chartered medical institution, there is no such necessity *now*. “The schoolmaster is abroad.” Scientific works are written in the mother tongue of the common people. Books replete with thought are at command, and in the department of medicine which relates to the preservation of health, and the prevention of disease. I could name one *untitled* man who has done more in the last ten years for these two objects than any living man who is a graduate of a medical college. O, common folks! the day of assumption has reached its sunset. The day of pretension to superior attainments, based on titular bearing simply and solely on the one hand, and acknowledgments of the correctness of such pretensions on the other, is stretching its evening shadows at full length, betokening the uprising of a *new* day, when a man shall be esteemed for what he is, and not for what he *seemeth* or claimeth to be.

It is readily conceded that in an event, such as reducing in the public estimation the M. D.'s to a level with *untitled* doctors, the masses of men might make great blunders. In numerous instances they

might fail to employ a physician who could treat them skilfully, who could give them advice tempered with wisdom, which should greatly benefit them. In such cases they would lose much and suffer much. But the type of attainment—actual, real, solid attainment—is so low, there is so much pecuniary influence brought to bear on those who have the conferment of diplomas, and so many are sent forth with college honors, whose height of acquisition is the mastership of a theory, and who are in all the essential practical requisites of a skilful physician utterly wanting, that to me it is a settled conclusion that no set of men could people grave-yards faster than they are peopled under the present state of medical practice. In the sphere of the science and practice of medicine, illegitimate are no greater destroyers of their kind than are legitimate quacks. Simple, unpretending men, who administer to the sick, usually deal in simples. Their medicines do not kill if they do not cure. The evil attending their practice springs from want of power to save. The evil attending the practice of M. D.'s, in many instances, grows out of the power to kill. The untitled doctor abhors the use of the lancet—a little weapon, but one which, since its introduction, has stifled more heart-throbbings in the deep silence of death than gunpowder or rum, which has drawn more blood than the sword, and made, in my judgment, more wives widows, and children fatherless, than all the paraphernalia of war.

Titles are of two kinds. That which signifies profession merely, and that which indicates *eminence* in the profession. The former lies open to all, or should lie open to all, who choose to follow a pursuit signified by the title. The latter should rest on no man's shoulders who has not won himself a reputation by his skill in the treatment of disease. As things stand, what *eminence* attaches to a man who writes M. D. after his name? Does it mark the wearer as above common men? Are you sure, in employment of such person, that you are not putting yourself in the hands of one who, in addition to his ignorance, has the authority of Men of Science, that he is rightfully entitled to expend his ignorance on you? What means have you, as things now are, to enable you to discriminate between real celebrity and pompous ignorance, unless you do so by signs that lie wholly without the range of the certificates the respective applicants for your favor may bear? A man, “Ordained of God,” and called to his office of Physician, on whom the divine qualification of natural and acquired *fitness* rests as if Heaven had laid His hand upon him; a man who, in many instances, can so control the derangements of the human physical economy as to make the body assume healthy conditions as by magic, such man and the veriest *dolt* the title of M. D. places on a dead level. And through the length of this broad land, among all classes of medical men, the latter, with his empty title and his shallow pate, will be looked up to and

regarded with favor in preference to the *un-titled* strong man. Besides, the way in which the title is given precludes all contemplation of those qualifications lying beyond the understanding of a theory. The natural tact, which is so essential, the readiness to adapt one's self to new and stern circumstances, suavity of manner, powers of attraction, high moral influence, thorough earnestness of character and love amounting well-nigh to a passion for his profession, in no college enter essentially into the considerations which prompt to give or withhold a *diploma*. The dunce needs to have only the *negatively* virtuous character—i. e. he must be a moral man simply, and must possess the mere recitative talent, must be *glad* to offer up reasons of other men for thus and so doing, and he can go forth with the same title, and start in life under the same collegiate momentum as the brightest student in the class. He can show the same testimonials, in the same language, bordered and flowered in the same style, signed and countersigned by the same hands. These men go forth a blessing and a curse to a people amongst whom they dwell, and if the bright, strong man, the man of genius and thorough acquirement, from any cause fails to pay his *graduation fee*, in the *starting* of the race the stupid man has a decided advantage.

Now what moral right men, who have more or less influence to expend, possess, thus to confound distinctions, I am unable to see. Is it said that this is an evil over the cure of which colleges possess no power? I reply: this is not *true*. Medical faculties can help it. They can refuse the conferment of diplomas to students altogether, and give certificates to such only whose abilities render them competent, and whose competency has been proved. "I would sooner be a *dog* and *bay* the moon" than to accept a diploma at the hands of men so weak as to think themselves *fit* to judge of my qualifications till I had proved them. 'Tis true, diplomas are of little worth, when one by his energy has lifted himself out of the shadow they cast; nevertheless, if good for anything at any time, it is when a man has won a name without them. Their direct and reflex influence may be then beneficial; of use to those who give as well as to him who takes.

It is highly important that the friends of the Water-Cure in this country should not be misled by high-sounding titles. The larger moiety of medical men know vastly more of the effects of drugs than of water on the human body. They dislike hydropathy for its simplicity. They are accustomed to complicated machinery in the treatment of disease, much of the gear of which common folks do not understand; and a system that is simple, that deals in plain, unmistakable applications, that accounts for all its movements by reference to well-established physiological and pathological facts, is a system that sells itself *too cheap*, and as far as it finds sale reduces the price and value of the capital of the Old Schools of Medicine. Such men are not the appropriate judges of what Water-cure philosophy and practice

are destined to do for the "COMMON FOLKS" in this country. They have glimpses of the truth, out of the deep, distant *FUTURE*, they get sight of shadowy forms, and they have, after a sort, an instinctive foreboding that the reformation is to supplant them; that the Divine decree has gone forth that the "elder shall serve the younger." The more sagacious of them will make small concessions, will speak approvingly of water as an auxiliary to medicine, especially when prescribed by an *M. D.*—and thus attempt to check the uprising disgust at their bleeding, purging, puking, stupefying practice, and hold the people still in their grasp. No greater injury could happen, in my opinion, to a Reform which is destined to distill its blessings like earth's dew on every family in this country, and produce effects as genial as when the sun sends its beams warmly and lovingly into the lap of Spring, than to have it pass under the jurisdiction and the administration of *M. D.'s* of the Allopathic school. They would "crib, cabin and confine" it, till its soul would pant for breath like a dying gladiator. It is as much as the Eclectic and Homœopathic schools can do to furnish men liberal and courageous enough to give the movement its full sweep, that thereby it may make the most of itself. Even such men lack confidence in "Common folks," and indicate strongly a desire to control and guide this great reform.

The water treatment of disease may fairly be said to originate with an *un-titled* man—a man no way marked till his *hour* came; then the man was ready for the hour. In the bosom of one no way distinguished by his genius from *common* men around him, or by any external evidences or characteristics, struggled a great soul, travailing and throeing for its birth-hour, waiting for an exigency that should deliver it, and give it sphere to play in. It came, and the world knows him. As I think of him, my spirit thanks God that the mighty men of earth are of humble origin—and that in Priemitz' case, the aristocrat of birth, and the aristocrat by wealth, have sat at the feet of his genius and owned its divinity. This reform is the people's reform. It does not belong to *M. D.'s* of any school. The doctors may aid, but they must be checked in any attempts to monopolize it. Let the people see to the matter; let them read, think, study, take the Water-Cure Journal, swell its list to ten times its present number, pour their own vitality into it, stamp their character for progress on its conductors and contributors, and ever hold themselves ready to seize and appropriate new thoughts, new argument, new truth in the application of a new philosophy. In the curing of disease, a doctor is of value, if he understands himself. In the prevention of disease, he is of no value one time in a hundred. As a class they more openly and shamelessly give their philosophy the lie, than any of the so-called liberal professions. Honorable exceptions there are always to be found, *but these prove the rule*. I have taken pains to inquire and note down the results of my inquiries in the case of three hundred and ninety-

four M. D.'s, as I met them in my peregrinations over New England and the Middle States, and only six were there, who did not live in open violation of the laws of health, as they were constrained to admit. Fine exemplars these for "common folks." They were tobacco-chewers, smokers or snufflers, ardent-spirit drinkers, or gluttons. Some of these men were skilful in their profession, but sorrowful illustrators of those Hygienic rules that lie at the foundation of human health. They were good-natured, pleasant, jolly fellows some of them, and some men of talent and high cast of character, though addicted to ill habits, yet on no condition in common circumstances would I, with my present views, introduce one of them into my family, who did not live up to the laws of life and health. I would trust to nature rather than to the skill of one who thinks so lightly of nature as to trample under his heel her most solemn injunctions. It is so notorious as to have ceased to be matter of remark, that medical men are high-livers, great eaters, and as large a proportion of them to their whole number fall victims to bad habits as any class of educated men. In the matter of the preservation of health, they are unsafe advisers, generally speaking, for they utter opinions under the influence and the illusions of their own habits. They are not altogether ignorant of the true rules of life, but they know far better how to dispense drugs than how to prescribe appropriate dietetics. If allowed to measure their usefulness in the light of a position taken by Doctor John Bell of Philadelphia, as to the value which is to be put upon their services, it does not stand exactly at a premium. He says, speaking of the comparative value of medicine and dietetics, "If required to define their relative position to each other, there can hardly be a doubt that MEDICINE ought to be regarded as an appendage to dietetics, and not dietetics as an appendage to medicine."

The Water-Cure reformation, if it secures its legitimate end, must be a *radical* reformation. It must combat not only the unscientific modes of treating disease, but it must sweep within its circle all of those habits of the people which exist in violation of the laws of life. People kill themselves by eating, by drinking, by labor, by sleep, by want of sleep, by sexual excess, by taxation of brain, by money-making and spending, by extended violation of physical law in almost every direction. Now the water-cure reformation contemplates a rectification of the general habits of the people in all cases where correction is needful. How sleepy one must be to suppose that a great REVOLUTION like this is to be under supervision of the medical faculty *only*! If any doctor of any school is laying such "flattering unction to his soul," he will probably awake to somewhat of disappointment before this century expires. Doctors may teach, and the people will listen, but *the thing done the people must do*. A tobacco-chewer will not let go his weed, nor an old pill-taker his stomachic at the ipse-dixit of doctors. "A reason! a reason!" is the cry of this day, and doctors must heed it as

well as other persons. No *Latin* jumble will answer. "Tell us *why* we should give up medicines? *why* we should eat plain food? *why* our drink should be cold water, why we should cease the use of tobacco? Why we should follow your prescriptions? Tell us in our language *why* Allopathy is better than Hydropathy, or Hydropathy better than Allopathy, or Homeopathy better than either? Tell us in words written for us to read, in lectures on physiology and anatomy, on disease and health, on 'baths and the watery regimen.' Approach us as thinking beings, men and women who can appreciate an argument if made strong and plain, and let us into the secret of your strength. We are willing to pay for it, willing to give an equivalent for what we receive. But trusting men who are too ignorant or too wise to give a reason, is not what it has been represented to be. Just so far as you can give us information whereby we can live longer and happier, we will honor you as medical advisers. So long as you can cure disease under fair circumstances, we will honor you as physicians, but assumption with us cannot take the place of acquisition, nor profession the place of character.

"We no longer yield this blind reverence to priests, nor lawyers, nor any other class of professional men, why should we to doctors? Too long have they put themselves beyond the shadows which their so-called science has for ages cast. We ask medical men like other men to *talk English*, to demand of us no endorsement of claims to character, where character for skill and success in their profession has not been actually won by hard study united to hard labor, and to forego all effort to pass for thorough-bred physicians under cover of a title which at the noon of the nineteenth century has lost its magic."

DISSENT; ITS HISTORY, NATURE AND TREATMENT.

BY JOEL SHEW, M. D.

THE disease which is generally well known by the name of *Dysentery*, being one that has, of late years, committed frightful ravages in various parts of the United States during the summer and autumnal months, I propose to speak in this and a future number of the Water-Cure Journal somewhat at length concerning its history, nature and treatment. And I will here premise, that I consider the water treatment as applicable in this disease, fearful, painful and dangerous as it often is, as in any other to which the human body is subject. Moreover, the whole matter may, I consider, be so explained, that all people who possess common understanding and a good share of moral courage, will be enabled to treat themselves at their own houses, safely and effectually, if they choose. If I am fortunate in my attempt, I may hope to be of some service to such as have confidence in the water treatment, and cannot, at the same time, have access to a physician who understands the new method.

The word "*dysentery*" is of Greek origin, signi-

fying "an intestine." It is known also by the name of "*flux*," and "*bloody flux*." There is also what is called "*dysentaria alba*," or white dysentery. In this latter affection, there are mucous and other discharges from the bowels; and the pain and bearing down (termina and tenesmus) are the same as in the common form of the malady.

Dysentery is to be regarded as one of the pests of hot climates. It is said to be very prevalent and destructive in all tropical regions at certain seasons of the year. But it is a singular fact that it is very seldom seen of late years in England; whereas, there was a time when it raged in London like a plague. According to Dr. Heberden, in the seventeenth century, the number of deaths set down in the weekly bills of mortality under the titles *bloody flux* and *gripping of the bowels*, was never less than *one thousand* annually, and in some years exceeded *four thousand*. For five-and-twenty years together, namely, from 1667 to 1692, they every year amounted to over *two thousand*. During the last century, the number has gradually dwindled down to twenty.*

This remarkable decline of dysentery in the English metropolis, is by one intelligent writer attributed "to the better construction of the houses and the streets in the rebuilt city; and the increased means of ventilation; and the general formation of drains and sewers; and the more copious supply of water; and to the more temperate and cleanly habits of the people." But these circumstances, favorable as they are universally acknowledged to be in the prevention of disease, are not of themselves sufficient completely to ward off dysentery. This assertion is proved by the facts as they exist in many of our American towns and cities.

The disease we are now considering attacks persons of every occupation; but it is among fleets and armies, and those who go to sea, where it exerts its most dreadful power. It occurs mostly in the summer and autumnal months, although it may be found occasionally at any period of the year. Dysentery occurs also frequently in camps and prisons, and on ill-ventilated ships at sea. Unwholesome food and impure air are the great causes of this disease.

Dysentery rages sometimes as an epidemic. It is then when it exhibits its greatest malignity. When it happens sporadically, that is, in a scattering or casual way, it is far milder and more easily managed.

Is Dysentery a Contagious Disease?—Dr. Cullen and other physicians regarded this disease as decidedly contagious. It was supposed that if any individual followed another laboring under dysentery for the purpose of relieving nature, that he was more liable to catch it than by simply being with him. Thus it appears that the discharges were considered the principal source of the contagion. It can hardly, I think, be made out to be a contagious disease, un-

less, indeed, in that sense in which probably all severe diseases are to a greater or less extent capable of communicating their kind. Certainly we often enough see very severe cases of dysentery occurring in a family of children where only one or two members among a number are affected.

Mortality of Dysentery.—The mortality in this disease is often truly fearful. At Clonmel, in 1818, where, however, it was far less severe than in many other parts of Ireland, Mr. Dillon calculated the deaths at one in ten; at Cork, during the same year, Dr. Barry estimated it at one in three at the least. "I never," says he, "witnessed 'so fatal a disease.'" And to the same effect, in general terms, Dr. Cheyse, while practicing at Dublin, remarked, "I had often witnessed obstinate cases of dysentery, but I had not formed an adequate conception of the horrors of that disease, until I saw the patients who were congregated in the wards of Whitworth Hospital." Sir James M'Grigor, in his account of the diseases of the army in the Peninsula, mentions also, that in three years, the loss from the ravages of dysentery was 4,717; and Dr. O'Beirne (see *Trans. of King's and Queen's Coll. of Physicians*, vol. iv., p. 407, Dublin, 1824,) calculates that the number of cases was 40,000. According to Desgenettes, dysentery made more havoc among the French troops in Egypt than the plague; for while, in a given period, 1689 were carried off by the plague, 2,468 perished from dysentery.*

Predisposing Causes.—Every thing that tends to debilitate the system, or in any way to derange the general health, will render the individual more liable to dysentery when it prevails in any given locality. The lower the vitality of the system, from whatever cause or causes, always the more likely the individual is to be attacked by a prevailing epidemic. This is as true of dysentery as of any other disease.

Exciting Causes.—These are as numerous as the multiplicity of ways and means by which human health is impaired. If children are fed lavishly upon candies, sweetmeats, cakes, pies, rich pastries, superfine bread, and the like articles, things of daily and almost universal occurrence throughout the length and breadth of our country and the civilized world, parents should not be at all surprised if they find their children being attacked every now and then with diseases of the bowels; and if this be in the summer or autumnal months, dysentery is apt to be one of the forms of such attacks. Irregularity in taking food has much to do in the matter. Unripe fruit often causes it. Cold and damp at night may also bring on dysentery, particularly when the days are hot. I believe all agree that it is often produced by changes from heat to cold and from cold to heat—by sudden changes of any kind. Among armies, it is said that a vast number of persons have been suddenly attacked, when, after being exposed to heat and fatigue during the day, there has been a sudden

* Watson's Practice of Physic, Philadelphia Edition, 1809, page 816.

* Good's Study of Medicine, New York, vol. 1, p. 654.

change of temperature at night. The foul air of ships and prisons often causes it. "This disease prevails," says Dr. Elliotson, "in the penitentiary at Millbank, where there is a combination of unfavorable circumstances. The prison itself is situated in one of the most unwholesome places imaginable—as if it were intended to carry off the people quickly who have been placed there."

Bad water has been known to cause this disease. "Dr. M. Barry," as quoted by Dr. Cheyne, "affirms that the troops were frequently liable to dysentery while they occupied the old barracks at Cork; but he has heard that it has been of rare occurrence in the new barracks. Several years ago, when the disease raged violently in the old barracks, (now the depot for convicts,) the care of the sick was, in the absence of the regimental surgeon, entrusted to the late Mr. Bell, surgeon, in Cork. At the period in question, the troops were supplied with water from the river Lee, which, in passing through the city, is rendered unfit for drinking, by the influx of the contents of the sewers from the houses, and likewise is brackish from the tide, which ascends into their channels. Mr. Bell, suspecting that the water might have caused the dysentery, upon assuming the care of the sick, had a number of water carts engaged to bring water for the troops from a spring called the Lady's Well, at the same time that they were no longer permitted to drink the water from the river. From this simple but judicious arrangement the dysentery very shortly disappeared among the troops."

Dysentery may occur in connection with other diseases.—This disease may occur in connection with perhaps almost any other of a prominent character. It is seen oftenest in connection with fevers. In the epidemic visitations of continued fever, not unfrequently witnessed in England, dysentery is a prominent symptom. This fever, when of the epidemic form, appears to be contagious; and hence the idea with some that dysentery must be also communicable from one to another.

Symptoms.—The symptoms of this disease are as follow:

1. *Those relating to the general system.*—There is generally, probably always, a greater or less degree of pyrexia or general fever; but this does not, in all cases, take place before the local symptoms declare themselves. There may be also, as in other inflammations, chills with the feverishness. Sometimes this fever seems very high, and is accompanied with a hard and frequent pulse, hot skin, flushed face, and a furred tongue. There is also headache and great thirst, as much as may occur in any fever or inflammation.

2. *The local symptoms.*—These may be compared to a mixture of those of colic and inflammation of the bowels. There are violent pains, like those of colic, in the abdomen, called *termina*; but the most troublesome symptom of all is the strong forcing down of the rectum or lower intestine, constituting a frequent and very urgent desire to evacuate the

bowels, without the power to do so. 'This is called *tenesmus*. These pains are not usual, but ultimate, according to the severity of the case. The bowel sometimes protrudes itself during the progress of the disease.

3. *The discharges.*—These are scanty and irregular. Mucus and bloody matters are thrown off, but not in great quantities. The natural evacuations are for the most part retained; occasionally, however, hard lumps pass from the bowels. The discharges are often very frequent, amounting to thirty, forty, or more in a day; but each particular discharge is scanty. Dr. Sydenham defines dysentery to be—"frequent mucous stools, with griping."

The blood discharged in this disease may be actual clots; or at other times it is quite liquid, and very considerable in quantity. Shreds of fibrine are sometimes expelled, and fatty matters have been known to be thrown off. "The liver very frequently ceases to secrete, so that no bile at all passes away; and sometimes it is in a state of great irritation; so that it secretes green bile, and the discharges are therefore green. Sometimes, however, the discharges appear to be of a pitch-like substance. Again, instead of thick mucus there is thin serum; and from there being a little hæmorrhage, this serum is reddish; so that the discharge from the alimentary canal has, very aptly, been compared to the washings of meat. The discharge may be of all colors, and of all qualities; but the faeces are usually retained."

Sometimes pain and difficulty in passing urine are added to the above symptoms. The irritation of the rectum is reflected upon the bladder by sympathy from the lower portion of the spine, constituting what is termed dysuria, or difficult passing of urine.

The stomach not unfrequently sympathizes with the bowels, so that nausea and vomiting ensue.

With all this local suffering, and the continuance of general distress, the patient often passes many sleepless, dreamy, and disturbed nights, accompanied with great despondency and depression of spirits. When the disease proceeds to a fatal termination, the pulse becomes small and rapid, the countenance assumes a death-like appearance, the features become sharp, and the surface grows cold, an indication that death is beginning at the heart.

Dysentery as differing from diarrhoea.—In both of these diseases, there may be, and often is, severe griping pains; the discharges are frequently loose in both. But in dysentery the natural evacuations cease, or they are expelled only from time to time in small, hard, roundish, separate lumps, called *scybala*. But in diarrhoea the discharges are fecal. In dysentery, too, the excruciating tenesmus, or bearing down of the lower bowel, is a very different thing from what usually occurs in diarrhoea, and in fact constitutes one of the most prominent symptoms of the former disease. Dysentery often begins, however,

* Elliotson, page 920.

as a mere diarrhoea. Nothing is more common in our cities, in the summer and autumnal months, than for a child to have first diarrhoea, the discharges in which become at length streaked with blood, ending finally in severe dysentery.

Water-Cure Institution, corner Twelfth street and University Place.

(To be continued in our next.)

REVIEWS.

THE WATER-CURE AND HEALTH ALMANAC, FOR THE YEAR 1851—price six cents single, or twenty-five copies for a dollar—published by FOWLERS & WELLS: New York. Forty-eight pages, 12mo.

SOME TWENTY THOUSAND COPIES of this little annual have already been printed, as a commencement, and if we take the sales of 1850 as a criterion for 1851, we shall exceed a HUNDRED THOUSAND.

The influence of this Almanac, in extending a knowledge of Hydropathy, is very great, as its extreme cheapness renders it accessible to every family.

The Almanac for 1851 is a compilation chiefly from back volumes of the Journal, containing IMPORTANT FACTS in WATER-CURE, together with directions for "THE HOME TREATMENT" of ordinary cases, in various diseases. The calendars are adapted to all the States in the Union, and the Canadas. A list of the various Water-Cure establishments now in operation, together with much other interesting matter, may be found in the Water-Cure Almanac for 1851. All lovers of Hydropathy will aid in extending its circulation.

MALT LIQUORS AND THE CHOLERA. By J. E. SNOODGRASS: Temperance Banner office, Baltimore, Md.

This is a chemical analysis of malt liquors, and is one of the most profound discourses that we have ever read on the subject. It is a powerful Temperance document.

We extract the following, which will interest all readers:

"According to the Domestic Chemist, *forty-six different articles* are used in the manufacture of beer and porter, which people generally suppose to be mainly a compound product of barley and yeast! Dr. Lee, of New York, in his valuable notes to the American edition of Pereira's voluminous work on Food and Diet, enumerates the following substances, as among those used by these philanthropic brewers: Bohemian rosemary, extract of poppies, St. Ignatius' bean, tobacco, henbane, opium, and *nux vomica*. Gentian, horehound, bitter orange, aloe, and wormwood, are used as substitutes for hops; from which it would appear that there is no certainty that the beer drinker gets, at all, the article for whose virtues he seeks. This, surely, is a species of 'false pretences'; but it would be a small matter, of itself, were the substitutes adopted with regard for the health of the drinker. But, then, contemplate, for a moment, the nature of one or two of the above-named drugs, which are said to be more generally relied upon to give 'body' to this wonderful bever-

age, whose virtues, Mr. Lucas would fain persuade us, entitle it to supersede the use of even water! What beer drinker, not previously intoxicated to that point when all liquors taste alike, would complacently pour down a mixture with which *henbane*, *tobacco*, and *opium* had been mingled, to the sure production of their narcotic and other well-known effects upon the system, and that, too, while in perfect health! But these are not all the poisons enumerated. Contemplate the qualities of the *nux vomica*, ye beer drinkers! This is the article vulgarly known as the 'dog button,' from the use to which it is frequently applied, and the unerring effect of its deadly qualities. A small portion of it has been found sufficient to produce speedy death to the dog, the cat, and other animals. It is, indeed, reckoned among the most powerful poisons of the narcotic class. Not a few examples might be given of its fatal effects upon the human system. A single author mentions its mortal effects upon four human subjects, in which they were found to correspond with those produced in brutes; and we are assured, by the same author, that the condition of the stomach and bowels, on dissection, demonstrates that the *nux vomica* produces death by the virulence of its narcotic poison, acting through the nervous system. *Nux vomica* and the *cocculus indicus* have been detected in nearly a dozen different samples of malt liquors analyzed by Professor Mapes, of New York—one of the cities, remember, where one of these very disinterested brewers carries on his business! Other poisonous articles are said to be used in brewing, among which may be named sulphuric acid, (oil of vitriol!) and conium, or *hemlock*. The corroding power of the former is too well known to require notice. The effect of the latter may be inferred from the use made of it by the ancients, in putting to death those whose virtues were not unfrequently imputed as crimes. It was by the poison of the 'deadly hemlock' that the great Socrates died, as history describes in one of its many gloomy pages. Whether Mr. Lucas, and the brewers in Philadelphia, New York, and elsewhere, on whose statements he relies in his so disinterested recommendation of his anti-cholera specific, use the same ingredients, I do not venture to affirm—nor is it my province to settle that question. But, even under the very charitable inference that they do not, the people of the United States would not be safe in taking their advice; for they, after all, manufacture but a small portion of the malt liquors consumed in the country. Besides, they cannot possibly control the adulterating experiments resorted to by the unscrupulous vender at first, second, or tenth hand."

The following statement we are prepared to confirm, on established Physiological principles:

"The flesh of malt-liquor drinkers generally assumes a condition not unlike that of 'stiff-d pork.' It is infirm and 'flabby.' Surely one of your pury beer-drinkers is not in a condition preventive of cholera."

When these facts shall become generally known, we have reason to believe that all sensible people will abstain, TOTALLY, from the use of MALT LIQUOR.

THE HOMŒOPATHIC THEORY AND PRACTICE OF MEDICINE. By E. E. MARCY, M. D. New York: WILLIAM RADDE.

Next to Hydropathy, stands Homœopathy—the doctrine or theory of curing diseases with very minute doses of medicine. We find our views expressed by the METROPOLIS, as follows:

"In speaking of this work, we wish it to be understood at the outset that we are far from advocating either the theory or practice of Homœopathy, our faith on this subject having as yet proved very refractory, spite of the many efforts made to bring it into subjection. The author of this treatise, however, is evidently an intelligent and well-educated man, and likely to achieve much in whatever way he devotes himself to the practice of physic. Many of his observations are well worthy the perusal even of those who may differ from him in general, and the book altogether is one calculated to attract attention. Here is a passage which we would recommend to all physicians, and more particularly to those who are in the habit of over-dosing their patients with nauseating and injurious drugs,—if they must administer medicine by the *wholesale*, let them at least make freer use of such pleasant tonics as Dr. Marcy recommends:

"A cheerful face, a lively and agreeable manner, and words of hope and encouragement, usually exercise an influence of the most favorable character, and conduce very materially in bringing about a curative reaction of the organism. It should never be forgotten, that courage, hope, confidence, and a cheerful state of mind, are powerful *tonics*, and often enable the healthy system to resist the influence of contagions, epidemic, and other noxious impressions, and the sick organism to combat successfully the destructive effects of disease; while fear, apprehension, grief, despair of recovery, sadness and depression of spirits, by impairing the resisting powers of the economy, become both predisposing and exciting causes of disease. Show me a physician who has attained a high reputation in the treatment of difficult and dangerous cases of disease, and I will have confidence that he is one who carries a cheerful face; who delights in dwelling upon the bright and pleasant things of life, rather than upon those which are gloomy and dismal; and who does not fail to infuse into his patients, and all around him, confidence, hope and comfort. The expression and bearing of such a man always act as a beacon of hope, to arouse the sinking energies of the patient, and to encourage him to strive against the depressing influence of his malady. In these, and other analogous instances, it is the intelligence alone which is operated on, and which diffuses its influence, not over any vital properties of the organism, but upon the respiratory, circulatory, digestive, and nervous systems."

MISCELLANY.

NEW WATER-CURE ESTABLISHMENTS.—Since our last, we are happy to announce the following:

CASTLE WATER-CURE.—Dr. Jabez Green has erected a fine establishment at Castle, Wyoming county, New York, which is said to possess superior advantages.

"It is in the vicinity of GENESSEE FALLS, and in other respects certainly not deficient in interesting scenery. With an elevation of 600 feet above the level of LAKE ERIE, the salubrity of the climate will not be questioned."

The Infirmary is passed by a daily line of stages connecting the ERIE RAILROAD at ATTICA, and the GENESSEE CANAL at CUYLERVILLE.

"THE HOUSE is large, the rooms high and airy, sufficiently spacious, and fully furnished."

With such advantages, it will become a place of general resort for all Hydropaths in its vicinity. Some forty copies of the WATER-CURE JOURNAL

are taken at this place, most of which have been obtained by the enterprising merchant, Mr. G. H. HIGGINS. We are informed that a Water-cure physician may find a good field for practice at this place. See advertisement, for particulars.

VERONA WATER-CURE.—This establishment is situated at Verona Springs, Oneida county, New York, and has been in successful operation for about three years. Mr. THOMAS A. DICKEY, of Buffalo, writing to one of our exchanges, referring to this place, says:

"I am very anxious that all those individuals who have been drugging themselves year after year, should stop at once,—throw their drugs to the dogs, and go to some scientific Water-cure institution. There (if the physician does not consider them too far advanced in disease,) they may pursue a course of treatment which is sure to benefit them, and give, to a great majority of them, health and strength. Previous to leaving my home for this place, my case was examined by four or five Old School physicians in council, whose verdict was Consumption, and so far advanced that medicine would do no good. Consequently, having heard of the success of Dr. CURTIS in the Water-cure practice in all pulmonary complaints and all other diseases, I started for his Water-cure, with but little strength, the sentence of the Allopathists upon me, with the spirits of a doomed man; and, thank Providence, I safely arrived at this haven of health, where the poor invalid receives all the attention which his case demands.

"And now, after receiving treatment for a few weeks from the different temperatures of water, well applied by Mr. Robbins, (the bath attendant,) my flesh and strength have returned, so that visitors who look upon me cannot believe that I am sick.

"Do you wonder then, gentlemen, why my spirits are now so buoyant? That I feel so happy? That I am so anxious to point the sick one to the place where he may find health? when I have received so much good, so much happiness. It is true I may die with the consumption at some future time;—but I have seen the pure, sparkling water (when rightly applied,) perform such wonderful changes for good,—not only in my own case, but in that of others,—that while I do live, I must advocate its practice."

With such testimony, from a disinterested party, there can be no doubt of the judicious treatment administered at this place.

HUDSON RIVER WATER-CURE.—F. D. PIERSON, M. D., has erected a Water-Cure House, in Tarrytown, Westchester county, New York, about twenty miles from the city, near the Railroad, on the bank of the Hudson.

Dr. PIERSON has had a large experience in the practice of Water-cure, in New York city, and was, in 1846 and '7 co-EDITOR of the WATER-CURE JOURNAL, also Founder and Manager of the Water-Cure Establishment now occupied by Dr. Shew, cor-

ner of Twelfth street and University Place. In his new, commodious, and healthful location, he can hardly fail to secure a liberal patronage. Success to the Hudson River, and all other Water-Cure establishments.

THE GREEN MOUNTAIN WATER-CURE is the name of a new establishment just opened at North Adams, Massachusetts, by Dr. W. FELCH.

This Water-cure House is located at the Thayer Springs, on the North Hoosic River, one mile from the Railroad Depot, and is accessible at all seasons. When we have learned more of this establishment, we shall refer to it again. For terms, see advertisement.

Through the influence of Miss ELLIOTT, of North Adams, we now send nearly thirty copies of the *W. C. Journal* to this place. She will accept our thanks.

THE MILLEDGEVILLE, GEORGIA, WATER-CURE.—Dr. T. C. COYLE has a large and very superior *W. C.* establishment, capable of accommodating upwards of two hundred persons, and we are rejoiced to learn that it is patronized by the most intelligent people of the South.

PHYSIOLOGY IN COMMON SCHOOLS.—The house have passed a bill requiring Physiology to be taught in the public schools of this Commonwealth. We hope it will pass the Senate and become a law. It is quite as important, to say the least, for children to learn the laws of health as to learn the rules of Arithmetic; quite as economical to know how to avoid a doctor's bill, as to know how to avoid mistakes in reckoning. This knowledge is important for them not merely as children:—it is more important for them against the time when they shall come to be themselves fathers and mothers. Let the truths of Physiology be made as familiar to them as the alphabet or the syntax is, and they will then be prepared to superintend the physical education of the younglings that may in after life be committed to them. The study is an attractive one, and would, we believe, be cordially welcomed in every district. —*Massachusetts Patriot*.

When the SECULAR PRESS takes this matter in hand, legislators will "Act," and measures be adopted. In many of the States, however, "The People" have introduced Physiology into common schools *without* legislative authority, and the time is not far distant when Physiology will be recognized as a study of the *first* importance. This subject will be made a very prominent feature in THE STUDENT, a monthly school reader and family miscellany, recently commenced by Fowlers & Wells, the prospectus of which may be found in our advertising pages. It is the duty of every parent to teach their sons and daughters the Laws of Life and Health, and it should be taught in EVERY SCHOOL.

SCIENCE OF HEALTH AND HAPPINESS—By Dr.

S. D. NEWBRO.—"If our physicians, instead of confining themselves to the cure of diseases, would lecture and inform the people how to preserve their health, though they might make less money, they would save suffering humanity a vast amount of misery and premature death."

Under the above title, a series of articles has been commenced in the PRIMITIVE EXPOUNDER, a Religious newspaper, published in Lansing, Michigan. This we are glad to see, and look forward to the time when all newspapers will devote a portion of their space to the promulgation of Physiology and the "Science of Health," which, when generally understood, will obviate the necessity of drug doctors.

LECTURES ON PHYSIOLOGY.—Dr. Wisner still continues his lectures in the West, teaching the people how to preserve health and improve body and mind. We understand that he contemplates a tour through the State of Illinois during the present season. We bespeak for him a warm reception by our friends. Dr. Wisner is well supplied with suitable apparatus, consisting of manikins, drawings, paintings, and other specimens, with which to illustrate his lectures. Go and hear him.

A "FERILOUS STATE;"

OR, A PATIENT IN A QUANDARY.

Now what am I to do?

Here I have got the fever!

Good luck must bear me through,

Or I recover never!

If I to Doctor Slop

Go for relief, he bleeds me;

And empties all his shop,

And with his physic feeds me.

And on my corpus sticks

Blisters enough to skin me;

And off I pack for Styx,

With half his stock within me.

And then to Doctor Gas,

Should I apply for *nothing*.

He pours me down a glass

Of sublimate of nothing!

Which is the safest plan?

To stick to pills and poisons—

Or trust life's little span

To homoeopathic notions?

If next to naught's a cure,

With infinite solution,

Nothing, unmixed and pure,

Will do't without dilution.

Meanwhile, I freeze or burn;

Blood through each vein carouses,

And where for help to turn?

"A plague on both your houses."

AN ALLOPATHIC PATIENT.—A sad picture, truly, and the *only* means by which this patient can be relieved of his pain, *without* the loss of *life*, will be found in Hydropathy.

ADVANCEMENT OF HYDROPATHY. — A greater change never came over the spirit of the medical dream than that of hydropathy. When the first news of the practice at Gräfenberg fell upon the ears of the civilized world, it seemed as if the Ultima Thule of German humbug had been reached. It seemed the idlest of all conceivable methods as a system of cure for the thousand diseases which flesh is heir to. The victory of cold water and cleanliness had been so well known for ages among all civilized people, and especially by all good physicians, that it seemed lunacy to suppose that *their* benefits could be greatly extended. But have they not been? Meet any respectable physician, and ask him whether he gives as much medicine as formerly. No, he will tell you, he treats a great part of his acute cases with cold water, or at any rate, with nothing else. *He gives very little medicine.* The apothecaries sell very little, except of the *mildest* sorts. Hydropathy, unlike any of the other new *opathsies*, is creeping into the regular practice silently, surely, and rapidly.—ELIZUR WRIGHT.

HOW I BECAME A CONVERT.—MR. GEORGE B. GRIFFIN, of the Oswego Water-Cure, says, "While in Wisconsin, my wife and little daughter were taken sick with the chill fever. They tried quinine and calomel for three months, and in that time were cured five or six times, as the doctors said, but would not stay cured. By chance I happened to see one of the Water-Cure Journals—borrowed it, applied the proper remedy, and in one week the chill fever left, and we have seen nothing of it since. You need not wonder that we like the WATER-CURE JOURNAL. Please send us a few extra numbers, to give away as samples."

Thus the good work goes on, wherever the Journal circulates. It converts all sensible people to the truth and utility of the WATER-CURE.

WATER-CURE.—Probably so rapid a revolution in public opinion, on a matter of equal importance, was never before known as is taking place in regard to the use of water as a remedial agent, and as a prevention of disease. The press and the public are everywhere lauding its hitherto unappreciated virtues. No agency has been more effective in producing this revolution than the publication of the *Water-Cure Journal*, of New-York. This Journal is filled, from month to month, with descriptions of water-cure processes and results, scientific information in regard to the laws of life and health, and common-sense observations on regimen, medicine, &c., which render it a most valuable work to all who desire to escape the endurance of "the ten thousand ills which flesh is heir to."—*Boston Path Finder*.

POLITICAL MANIA.—"I have been recently consulted regarding the case of a rich old gentleman

about seventy years of age, of sanguineous temperament and strong frame, who made a large fortune by his own exertions, and for the last six or seven years has retired from business. With no definite object or resource, he has spent his leisure days in pondering over the horrors of a speedy Chartist rule in England, and this predominant idea is so strangely mixed up with so strong a feeling of the extreme necessity for economy, that although he would on no account dispense with a good dinner and the most expensive wines, there is the greatest difficulty in persuading him to *pay* for the most necessary articles of life. The smallest demand for money is instantly suggestive of the workhouse, which, unfortunately for the poor old gentleman's happiness, is actually visible from his library window. . . .

"He has now been under treatment for about two months, and I hear that his temper is much improved, that the moroseness and gloominess have altogether disappeared, and although the principal delusions are not altogether removed, that he regards the impending miseries of his country as a due and proper retribution, ordained by a wise Providence, for the passing the Reform Bill. I entertain strong hopes of his further improvement."

We copy the above from the *London Journal of Psychological Medicine*, a work of great ability and profoundness. The proper treatment in this case, would be a very low diet, the sitz bath, active exercise in the open air, and frequent ablutions in tepid, or cold water.

MORE TESTIMONY.—I have seen enough of the effects of water, as a remedy, to lead me to believe that when its virtues are generally known, people will not be so willing as they have been to resort to poisonous drugs, for the cure of their various ills.—*Portland Pleasure Boat*.

MRS. PARTINGTON having heard her son say that there were a great many anecdotes in the new almanac, begged him to cut them all out, as she had heard that when anybody was poisoned, nothing was necessary but to give him an *anecdote*, and it would cure him.

A WOMAN'S CONVENTION will be held in Boston, Mass., early in October next. Delegates from most of the States are expected to attend. We hope to be able to give particulars in our September number.

NOTICES.

MR. JOHN THOMPSON, of South Barre, Vt., will please accept our highest thanks for the *sweetest* present we ever tasted, being no less than a tub of the finest quality of the most delicious mountain maple sugar—which, to our taste, is infinitely superior to all other kinds of sweetening. We intend, when we become a farmer, to have a grove of sugar maples, from which we may extract as much pure saccharine

as ourself, wife, babies, and visitors, may have occasion to use, that we do. Mr. Thompson has long been a patron of ours, and has, from year to year, obtained clubs of subscribers for our Journal.

THIS JOURNAL comes, as usual, laden from the storehouse of knowledge, with "things new and old." It contains interesting articles on Physiology and Anatomy, Diet, Water-treatment in various diseases, Physical education, reviews, notices, &c. Those who feel an interest in the physical well-being of the human race will do well to subscribe for this periodical, as they will find much in its pages that is novel, curious, and practically useful. Success to its mission.—*Practical Christian*.

IN HAMORTON, PA., our publications may be had of Mr. CHARLES WAX, who will keep a full supply on hand.

IN ELMIRA, N. Y., our publications may be had at the store of F. HALL, at New York prices.

IN CANANDAIGUA, of Mr. GOODWIN.

IN ROCHESTER, of D. M. DEWEY.

IN BUFFALO, of HAWKS, and of DERBY.

PUBLIC AND PRIVATE LIBRARIES.—The publishers of the WATER-CURE JOURNAL are prepared to furnish, at wholesale prices, books for private and public libraries. Friends in all parts of the country may now make up their orders for such works as they may desire. All books published in America will be furnished at a discount, or imported from Europe, at wholesale prices.

WATER-CURE JOURNAL AND HERALD OF REFORMS.—This is another of those modern discoveries which is destined to work a radical change in society, and rescue man in a great measure from the slough of disease into which unrestrained indulgence has plunged the human family. We wish that every individual might learn and practice the truths it inculcates.—*Sheboygan Mercury*.

BOOKS BY MAIL.—All books advertised in the WATER-CURE JOURNAL may be sent by mail at the present low rates of postage. FRIENDS residing at a distance may avail themselves of this privilege, and receive by return of the FIRST MAIL any work published at the office of the WATER-CURE JOURNAL.

THOSE enterprising publishers, Messrs. Fowlers & Wells, 129 and 131 Nassau-street, New York, must keep their presses in operation night and day in order to furnish the public with such an enormous amount of valuable reading.—*The Jerseyman*.

ANSWERS TO CORRESPONDENTS.

UNDER this head, DR. TRALL has kindly consented to answer briefly such professional questions as our subscribers may wish to ask from time to time; presuming, of course, that they will be of general interest to all subscribers. With the exception of two or three, Dr. Trall has, for the last year, answered such questions as have appeared in this Journal.

GREEN CORN.—The objection to this article of food arises not from its own intrinsic nature, but from a wrong physiological condition of the digestive organs. Persons accus-

tomed to a plain vegetable diet, can use it not only with impunity, but with pleasure and comfort: while to some, who have materially impaired the stomach by concentrated and stimulating food, it might produce distress or colic. Though in itself positively a good article of diet, it may sometimes be relatively bad.

SPINAL DISEASE.—E. B. Cornwall.—The patient should pay the strictest regard to diet, which should be bland and unobstructing, as wheat meal cakes, cracked wheat, unfermented brown bread, the best of fruits, &c. The water appliances should be mild, and the temperature of the water such as to produce no great shock—mostly tepid. Very likely there is some error in her dietetic or voluntary habits which prevents her from improving. Look to it carefully.

WATER-CURE AND BLUE PILL.—We advise B. C. M., of New Harmony, Ind., to quit either his hydropathy or his "blue pills and tonic bitters." All such combinations of treatment are quackish in principle, and are apt to be disastrous in result. Take the whole Water-Cure system or the whole drug system, and stick to it.

H. F.—Your letter to Dr. K. has been sent us for publication; it will appear soon.

P. H. H., M.D.—Your inquiry, &c., No. 2, came too late for the present No. It will appear in our next.

VARIETIES.

AMUSEMENTS.—Than rational amusements, nothing contributes more to the gratification and physical well-being of society. In fact, we would have every school district supplied with all the curiosities which Nature has so abundantly supplied, where children, as well as adults, could spend at least one day in every week. All of our great cities are supplied with museums, and why should not each village also be thus provided? In administering to the demands of our people in this respect, see what splendid fortunes are yearly acquired. The American Museum, in New York, for example, is daily thronged by thousands of people from all parts of the world, simply because they are fond of amusement, and cannot be gratified at home. The tendency of such places of amusement is good, they draw thousands of young people from gambling shops, and from those theatres where the most disgusting scenes are enacted. In our visit to this Museum, we have met statesmen, congressmen, and clergymen, with their families, together with large numbers of the most intelligent and respectable of our citizens, all of whom enjoy the repast most heartily.

When our friends from the country visit the city, they are not satisfied until they have spent an hour in the Museum, notwithstanding the vast extent of our Empire City, covered with the most magnificent buildings, and hemmed in with dense forests of shipping. As a medicine for the gloomy, the nervous, or dyspeptic, we can prescribe nothing better than a dose of amusement, prepared by DOCTOR P. T. BARNUM, and administered by his gentlemanly associate, Mr. Greenwood.

MORALS OF CINCINNATI.—The seventh annual report of Horace Bushnell, city missionary, recently published, contains

the following gloomy extract. Where are HAWKINS, GOUGH, and FATHER MATHEW?—

"The city is supplied with one thousand grog-shops; each of these on an average has three attendants—each also must have at least nine customers; add to these the owners and others immediately interested in their prosperity, and you have an army of fifteen thousand, whose interest it is to prey upon the best interests of the community. They deal in death—both physical and moral—they have no ear for pity—they build their houses with blood. These all go forth armed against all good. Is it a matter of wonder that poverty and crime increase, while the time and talents and capital of fifteen thousand men are employed to produce them? Should this cause be inadequate to produce these evils, we may alude to another.

"If there be in this city four thousand women lost to virtue and to God, with a corresponding number of men more guilty than they, their companions in sin; if houses of infamy are more numerous than grog-shops, and the youth are constantly lured to them; if there be no solemn remonstrance against them from the bench, the pulpit, and the press, is it wonderful that vice and misery increase? We have at least thirty thousand persons, whose business it is to increase pauperism, drunkenness, licentiousness, crime and death. They are active workmen, well prepared, and yield abundant influences."

Cist's Advertiser pronounces this an exaggerated statement, yet we believe a little Hydropathy wouldn't do them any harm.

"TOBACCO JUICE.—We just now think what an ocean of tobacco juice is squirted away by a sensible people! Rivers and oceans, what a flood! Who can compute it, or the amount of the most nauseous weed in the vegetable kingdom, chucked up and spit out? Wonder the earth don't become stained with filth and burdened with old quids. Speaking of quids, reminds us of one we found in our office the other morning, in size such as was never read of. It lay lengthways in the hall. A shilling paper of fine cut was there entombed, we'll wager. The Street Commissioner has been called in with an inquest of shovels. Tobacco quids put us in mind of an incident which last winter happened at a prayer meeting in this city. An old enemy of the weed, who had destroyed it by wholesale, was called upon to pray. With much care he rolled away a monster roll from his mouth to the bench, there to lie till the prayer had been made. A waggish brother, not having the fear of wry faces before his eyes, but plenty of powdered cayenne pepper in his pocket, slyly peppered o'er the innocent quid, most piously. Prayer was made, and the old soldier again placed on duty. Spitch! spitch! up-st! z-i-o whew! arrrrrrrrrr! and the highly-seasoned morsel fell upon the floor, while the tears rolled down the devoted man's cheeks."—*Cayuga Chief*.

"Hit 'em agin," you old warrior; sink it into them, clear to the handle. We would have every such old sinner fall under the axe of the Cayuga Chief.

EVILS OF TIMIDITY AND HESITATION.—A great deal of talent is lost to the world for the want of a little courage. Every day sends to their graves a number of obscure men who have only remained obscure because their timidity has prevented them from making a first effort; and who, if they could only have been induced to begin, would, in all probability, have gone great lengths in the career of fame. The fact is, that in order to do anything in this world worth doing, we must not stand shivering on the bank, and thinking of the cold and the danger, but jump in and scramble through as well as we can. It will not do to be perpetually calculating risks, and adjusting nice chances. It did all very well before the Flood, when a man could consult his friends upon an intended publication for a hundred and fifty years, and then live to see its success for six or seven centuries afterward; but at present a man waits, and doubts, and hesitates, and counsels his brother, and his uncle, and his first cousin, and his particular friends, till one fine day he finds that he is sixty-five years of age; that he has lost so much

time in consulting first cousins and particular friends that he has no more time left to follow their advice.

PHONOGRAPHY.—So far as we have been able to observe, phonography, as applied to the reporting of public discourses, ought to be defined "the substitution of sounds guessed at for sense ascertained." We have often been amused in noticing exemplifications of this in pretended reports of the discourses of the Right Rev. Bishop as delivered in this city. The discourse of last Sunday, to which we are so glad to give up our editorial columns, was reported for us by a professor of phonography; but it has the necessary advantage of having been almost completely re-written in our efforts to make it correspond with the remarks actually made by the Bishop.—*New York Freeman's Journal*.

INDEED! then your Professor (?) was a STUPID BLOCK-HEAD, and had better at once change his occupation, or "take a few more lessons." But we think the "stupidity," or want of integrity, belongs to the *Freeman's Journal*, for we doubt the statement, "almost completely re-written." It is not probable. We should not have noticed this gratuitous, and unkind statement, were it not calculated to leave a false impression on the mind of the reader, in regard to our NEW and BEAUTIFUL PHONOGRAPHY.

The *Freeman's Journal* is no friend to UNIVERSAL EDUCATION.

A RARE SCHOLAR.—The Boston Transcript has the following:—One day last summer, the teacher of a certain district school in New England, after putting the usual questions—"Who is President?" "What State do you live in?" &c., to a juvenile class, asked a little boy what his father's name was.

"Isaac," he answered promptly.

"Spell Isaac," said the teacher.

"E y-e I, z-i-c-h, saac, Isaac."

The old scholars laughed outright at this new way of spelling a common name; even the teacher smiled—but commanding silence, she set the lad right, and proceeded with her questions.

"What is your mother's name?"

"Rachel."

"Spell Rachel."

"W-r-e-t-c-h Rach, h-e-ll, Rachel."

The smart boy was immediately given a "Reward of Merit," and dismissed!

"RATHER YOUNG.—A marriage of a pair of infants took place in this village last Sunday. They were from Norwich, aged respectively 16 and 15."—*Public Medium*.

And "rather green." Such juvenile marriages produce a world of evil. Think of it, mere children becoming parents, while their bodies are only partially developed. The result, in such cases, must usually be PREMATURE DEATH to both parents and children, if they are so unfortunate as to bring them into existence.

The proper ages in this country, for the well-being of all concerned, seems to us to be, from EIGHTEEN TO TWENTY for the woman, and from TWENTY-TWO TO TWENTY-FIVE for the man; younger than this will not be as well for the parties as older. An early development is a certain indication of early decay. Winter apples last longer than those which ripen early in the season.

WRITE PLAIN.—It makes no matter how coarse and clumsy the penmanship may be, if it is only plain and easily deciphered. No person should direct a letter whose handwriting is not legible. Many sad mistakes have been made in directing letters to puzzle postmasters. No less than eleven

thousand pounds are put into the British Dead Letter Office annually, because the backlogs of the letters cannot be deciphered. All that is required is a little attention and a little care. Editors do not like to read the correspondence of a careless writer, and printers have two kinds of devils—the attendant, known as the “printer’s” imp, and manuscript that would be disowned as the production of Beelzebub.—*Scientific American*.

We regard ourselves exceedingly fortunate in respect to intelligent and careful correspondents. Most of our Hydro-pathic physicians and patrons are well educated, and we experience but little annoyance from unintelligible letters, or communications designed for publication.

“OBSERVING THE SABBATH.—At a meeting of the Sabbatarians at Glasgow, three or four years ago, a minister of the gospel declared, before a large and approving audience, that were his wife dying in Edinburgh on the Sabbath day, and she requested to see him before she expired, he would not travel on that holy day to gratify her wishes!”—*New York Evening Post*.

Without doubting this man’s integrity, we are justified in the assertion that he is without either affection or the social feelings common to man. Hence he would disregard one of God’s laws for the sake of appearing very pious. Wonder if this man would follow the example of Christ, in his observance of the Sabbath, who would both heal the sick, and perform various other deeds of mercy, on that day.

How comes it that the population of Philadelphia is larger than that of New York?—Editor *Louisville Journal of Commerce*.

We have no special authority to speak for the ladies, but we suppose it comes legitimately and naturally.—*Philadelphia Ledger*.

Our friends of the Quaker City must have the power of fulfilling the command contained in the 28th verse of the first chapter of Genesis, in a very extraordinary degree. We always thought that our New York Irish were “some pumpkins,” but we knock nader to the claims of the citizens of brotherly love.

THE EVER-BEARING RASPBERRY.—This was first discovered near Lake Erie, in Ohio. It is a good fruit, of a dark color, approaching the black. Its fruit ripens the last of June, and it continues bearing and putting out new blossoms till killed by the frost. There is another kind, the origin of which cannot be traced beyond the late Dr. Hosack’s garden of this city. Thomas Addis Emmet, Esq., of New York, rears them in great abundance, and very kindly gives away the cuttings of his vines in March to those who wish to propagate this fruit.

ALMOST all our Presidents have been tall men, as if we had selected them for their height, as the children of Israel did Saul, their first king.

General Washington was fully 6 feet. John Adams 5 feet 10 inches. Thomas Jefferson, 6 feet 2 in. James Madison, 5 ft. 9 in. James Monroe, full 6 ft. John Quincy Adams, 5 ft. 10 in. Andrew Jackson, 6 ft. 1 in. Martin Van Buren, 5 ft. 8 in. William H. Harrison, 5 ft. 10 in. John Tyler, 6 ft. James K. Polk, 5 ft. 10 in. Zachary Taylor, 5 ft. 9 in. Millard Fillmore, 6 ft.

PAPAL ESTIMATE OF FREE SCHOOLS.—The Freeman’s Journal, the organ of Bishop Hughes, noticing the fact that the Legislature of Mississippi had appropriated \$200,000 for free schools, calls it a “tax for the propagation of infidelity!”—*Christian Messenger*.

The more of such infidelity the better, Bishop Hughes to the contrary, notwithstanding. Give all the children an education, and they will be placed at once beyond the influence of either Bishop Hughes or any other Popish High Priest.

DR. S. N. PARNELA, our pleasant philanthropic Philadelphia correspondent, will, in the future, entertain our readers with original and select communications, on the various *pathics, isms, and ologies* of the day. As Dr. P. is an old joker, we shall look for something superlatively entertaining.

BOOK NOTICES.

MORALISM AND CHRISTIANITY; or, Man’s Experience and Destiny. In Three Lectures. By HENRY JAMES. New York: J. S. Redfield.

In the first lecture, we have “a scientific statement of the Christian Doctrine of the Lord, or Divine Man.”

In the second lecture, “Socialism and Civilization in Relation to the Development of the Individual Life.”

In the third lecture, “Morality and the Perfect Life.”

In his preface, the author says, “The first of these lectures was put in its present form for publication in the MASSACHUSETTS QUARTERLY REVIEW, whence it is now republished, with a few verbal emendations. The second lecture was read Nov. 1, 1849, before the Town and County Club, Boston, and is here slightly enlarged. The third lecture was read and subsequently repeated, at the request of several gentlemen in New York, during the month of December, 1849. It has been greatly enlarged for publication. The topics are perhaps somewhat difficult from their novelty, and if, therefore, the writer should appear to have treated them inadequately, he doubts not that the generous reader will allow this circumstance its due force in mitigation of judgment.”

This work has produced a great commotion wherever it has been read. While many regard it the most profound and truthful production of the present century, others denounce it as not orthodox, and regard its author a very dangerous man.

Our own opinion is simply this, that all *sensible* men and women may read the book with profit; but those who are without self-reliance, or who are dependent on the opinions of others, or incapable of coming to a correct conclusion, had better confine themselves to the narrow circles of thought already established, and not venture into boundless space, lest they get frightened. BOLD MEN only dare to investigate new moral or religious subjects.

MESMER AND SWEDENBORG; or, the Relation of the Developments of Mesmerism to the Doctrines and Disclosures of Swedenborg. By GEORGE BUSH; second edition. New York: Fowles & Wells, price 75 cents.

“It certainly is agreeable to reason, that there are some light effusions from spirit to spirit, when men are in presence one with another, as well as from body to body.”—BACON.

In this able work, by the distinguished Professor Bush, of New York, we have all that can be said on this interesting subject, which, within the past few years, has engaged the attention of the leading minds of the world, and the cry still is, “MORE LIGHT, MORE LIGHT!” hence the publication of this “MESMER AND SWEDENBORG.”

Swedenborg's own State Psychologically Viewed.—The more obvious Mental Phenomena of Mesmerism.—Transfer of Thought.—Spheres.—Memory.—Magnetic Vision.—Clairvoyance.—Magnetic Hearing.—Truthfulness.—Revelations of A. J. Davis.—The Seeress of Prevoost.—Distinction of Soul, Body, and Spirit.—The Sun Circle and the Life Circle.—Separate Functions of the Soul and Spirit.—The Language of Spirits.—On Spirit Seeing.—Growth of Infants in the other Life.—State of the Heathen in the other Life.—The Forms of Spirits.—Spirits seen by a Spiritual Eye.—Swedish Document on Animal Magnetism.

Beside all this, the work contains statements and facts in Mesmerism, authenticated by the highest evidence within the reach of mortal man, and which no philosophy can disprove; of course, we would recommend the book as one above all others best calculated to shed new light on mental or spiritual life. *

COMMON SCHOOL ARITHMETIC, adapted to the use of Common Schools in the United States of America: Riverhead, New York; published by G. O. WELLS, 1850.

Of the merits of this book we cannot speak, except of its superior mechanical execution, which is unsurpassed by any which we have seen.

The work was arranged by a committee of practical teachers, and approved by the Common School Association of the county of Suffolk, in this State.

The Committee say,—

"It now remains to show wherein 'his work claims superiority over other works which are now extant, and which are of modern origin. And first: It claims superiority by being the work, not of one individual who has had no experience in teaching, and who could only write from theory, but by several persons who have had experience for several years in teaching, and who have practiced the same, or a similar system, with complete success. Then we say it is not a mere theoretical work, but a work composed of a system that has been tried for many years by competent teachers, and found to be THE thing wanted."

THOUGHTS ON THE IMPOLICY AND INJUSTICE OF CAPITAL PUNISHMENT; or on the Rationale or Philosophy of Crime; and on the Best System of Penitentiary Discipline and Moral Reform. By CHARLES CALDWELL, M.D. Louisville, Ky.

On what great question is there so deep an interest felt, as that of the "DEATH PENALTY?" We know of none. It is the prevailing opinion of our Orthodox divines, that man should be punished with death for murder, while the majority of the masses (we think) are opposed to such punishment, and would substitute that of perpetual imprisonment for hanging.

The fact that capital punishment has already been abolished in several of our States, and that legislators of other States are yearly deluged with petitions, asking for its abolishment, is evidence that "our people" are not satisfied with the present state of things. Doctor Caldwell has given us the result of his extensive investigations, and offers the most valuable suggestions which we have ever read in regard to the CAUSES of crime, and the treatment of criminals.

THE MILLENNIAL HARBINGER, conducted by ALEXANDER CAMPBELL, proprietor; co-editors, W. K. Pendleton, R. Richardson, and A. W. Campbell. Bethany, Va. Terms. \$2 00 a year in advance.

This is the organ of that class of worshipers known as

Bible Christians, sometimes called Campbellites. It is now in its seventh vol., and third series. The work is conducted with great ability. However much the world may differ in opinion from this class of citizens, all who are acquainted with them will admit, that they are composed of the most liberal, generous, and intelligent people of our own, and other countries. They engage heartily in the various reforms of the day, and send out missionaries and teachers, wherever they find an opportunity. At the commencement, they were much persecuted, but of late, we have heard but little of this, and we believe they are now in a prosperous condition. Those who desire information on this subject will find it in the Millennial Harbinger.

THE NEW ENGLAND FARMER, edited by S. W. COLE. Published by J. Nourse, Boston, Mass. Terms, \$1 a year in advance. Issued semi monthly.

To say that this is one of the very best agricultural journals published in the United States, would be strictly true, and that its universal diffusion throughout our country would vastly advance the interests of our WHOLE PEOPLE.

But read what the Northampton Courier says:—

"It contains such a variety of original and well-digested articles as to do credit to the editor and his correspondents. S. W. Cole, the editor, is well known to the farmers of Massachusetts as an agricultural writer of extensive knowledge and rare skill in his profession. I would recommend to every farmer, who would get what is worth a hundred dollars a year, for one dollar, to order the New England Farmer."

OUR ISRAELITISH ORIGIN. LECTURES ON ANCIENT ISRAEL, and the Israelitish Origin of the Modern Nations of Europe. By J. WILSON. First American, from the third London edition. Philadelphia: Daniels and Smith.

Such is the title of a very good-looking 12mo. volume, of some 230 pages. We are puzzled exceedingly to interpret this author. He gives us views the most brilliant and instructive on one page, and the most absurd theological twattle on the next. How a man with the profundness of Mr. Wilson can entertain such old, "used up" notions, we cannot understand. Such a mind surely ought to take a correct view of all subjects submitted for examination. We repeat, the theory of this work is absurd and foolish.

NEW ENGLAND OFFERING. HARRIET FARLEY, editor and publisher. Lowell, Mass. Terms, \$1 a year, in advance.

We have received the Feb. No. of this monthly magazine, and, judging from the specimen before us, it is eminently worthy of extensive patronage. We should be pleased to receive this magazine regularly.

THE AMERICAN WATER-CURE AND HEALTH ALMANAC FOR 1851, published by Fowlers & Wells, price 6 1-4 cents single copy, 50 cents a dozen, or 25 copies for a dollar. Now ready. Orders from subscribers, agents and booksellers solicited.

For a more elaborate notice of this Almanac, see REVIEWS in this number.

THE PRISONER'S FRIEND, CHAS. SPEAR, editor, Boston. Terms, \$2 a year.

This philanthropic and humane editor continues his good work with a perseverance worthy of all praise. We fear he will not be suitably rewarded pecuniarily for his efforts in this great and much-neglected field.

THE WATER-CURE JOURNAL.

ADDRESS OF THE AMERICAN HYDROPATHIC CONVENTION TO THE PEOPLE OF THE UNITED STATES.

On the 19th of June, 1850, a Convention of Water-Cure Physicians was held in the city of New York, when a National Medical Society was constituted, entitled the "AMERICAN HYGIENIC AND HYDROPATHIC ASSOCIATION OF PHYSICIANS AND SURGEONS." The undersigned were then appointed a Committee to prepare and publish an address to the American people, expressing, so far as they might be able, the views of the Convention. Accepting this trust, with a deep sense of its importance, and of their inability to do justice to the subjects of momentous interest it involves, they respectfully ask the attention of their fellow-citizens to the following considerations.

Health is the first condition of human happiness. Its importance, to an individual, or a nation, cannot be exaggerated. It is vigor, strength, development, beauty, serenity, and fullness of life. It is the perfection of our earthly existence; the fountain of all joys; the spring of all blessings. It is the condition natural to man, as to all organized beings; and just so far as he comes short of this condition, he fails in the end of his creation. Believing in the wisdom and goodness of the Creator, we cannot doubt that health is the natural condition of man, from the first moment of his existence to its earthly close; and that all disease, and every variation from that state of purity, vigor, and harmony, is in consequence of some violation of natural law.

All medical science and practice is based upon this belief. We act upon it continually and unconsciously in all the affairs of life. If in theory we ever entertain the notion that our diseases come without a cause; that sickness and death are mysterious providences, which have no connection with natural laws; that the thousands who die around us in the bloom of youth or the vigor of manhood are summoned hence by a stern destiny; we do not really believe it. Every day we practically deny such insane and blasphemous fatalism. We every day do things which we believe will promote our health, and avoid what we believe to be the causes of disease. If taken sick, we do not lie down to die without an effort. The physician is sent for—we take his medicines. Whatever confused notions we may have of destiny, fate, or providence, the universal practical belief is in the laws of nature, and the relations of cause and effect.

Hygiene and Medicine—the Art of Preserving Health, and the Art of Healing, must be based upon these simple and self-evident principles—Health, or the highest and most per-

fect condition of the human organization, is the result of entire harmony in the relations of man to nature; while disease is, in all cases, the result of some discord. Health, vigor, and happiness are natural; disease, pain, and misery are artificial. The natural condition of every organized being—plant, animal or man—is that of health; the unnatural and exceptional condition is that of disease; and wherever this exists there must have been some wrong, some outrage, some violation of the simple laws of nature. We need not press this point upon the apprehensions of a thinking people.

We have here a sad duty. So many and so great are the perversions and depravities of human society—so rare is this natural condition of health, that we feel obliged to describe it, in order that the almost universal prevalence of disease may be seen by contrast. The life of man should begin with a painless birth, and a perfect organization, marred by no hereditary disease. A healthy infancy is one of smiles, love and joy. The whole period of youth is naturally one of the greatest happiness, consisting of continual developments of strength, beauty, and capability; of novelty, and physical and mental exercise and enjoyment. Then comes the full vigor, firmness, and strength of manhood, with all its powers of action and its capacity for happiness. Then comes the calm serenity of ripened age; and at last, when nature has fulfilled her work, and man has passed through all the phases of his varied and glorious existence, he goes down to the grave without disease, without pain; a long and happy life closing with a calm and peaceful death. Such is the natural life, such the nature at death of man.

This being the natural course, the rule and law of human life—this being, in one word, Health, let us look at the sad spectacle of human disease around us. Children are brought into the world with sickly constitutions, amid the throes of mortal agony—the pangs of a diseased nervous system. They drink in disease with the mother's milk, poisoned, as it often is, with deadly narcotics, and drug medicine. Infancy is one long agony of distress and pain. Childhood brings its peculiar diseases—the successive efforts of nature to purify a depraved constitution. Maturity brings its fevers, rheumatisms, dyspepsias, asthmas, consumptions, and the whole train of horrors, which men inflict upon themselves; and if existence is continued amid these sufferings, old age comes on with accumulated agonies, and death is the last struggle of nature with disease.

In this struggle of vitality with disease there are thousands of victims at every stage. In the

city of New York, in 1849, out of 23,778 persons who died, only 771 had reached the age of 70, while 9,057 were under 5 years. And this shocking rate of premature and infantile mortality is more or less the experience of all civilized countries; and yet, so far from being astonished at this wholesale and miserable destruction of the human race, the intelligent observer can only wonder that humanity endures so much, and survives so long, under all the outrages it suffers.

Medicine, or the art of healing, has grown out of this almost universal state of disease, suffering, and premature mortality. Ever since men began to depart from the simple requirements of nature, they have supported physicians, who have endeavored to cure disease; and as physicians have partaken of human follies and infirmities, they have erred as grossly in their efforts to cure diseases, as men have in producing them. As a departure from nature has caused disease, true wisdom would have counseled a return to nature as a means of cure; but such wisdom has not found its way into the schools of medicine, which have carried men farther and still farther from the truth, until now it is a serious question, whether the art of healing, as practised in all civilized countries, is not a greater cause of disease and death, than all other violations of natural law.

Men become diseased by uncleanness, sloth, gluttony, drunkenness, debauchery, by crowding together, by breathing bad air, by all unnatural modes of life, and all their degrees. Physicians try to cure diseases thus caused, not by cleanliness, pure air, pure diet, temperance, and generally by a return to nature, but by the most opposite methods; by such unnatural, hideous, and revolting processes as bleeding, blistering, burning by stimulants, narcotics, and a hundred vegetable and mineral poisons; by giving drugs which all human instincts abhor, and which cannot be taken into the system without mischief. Every thinking man can see how absurd and unnatural is such a mode of medication, and yet it is not more absurd and unnatural than the means we take to get the diseases, which this method is expected to cure. Our doctoring is of a piece with our general habits; and if it be asked why learned and scientific men have pursued and taught such a course of medical practice, it may be asked with equal justice why the learned and scientific have partaken so largely of all the errors and absurdities of human life.

The simple common sense of mankind has long revolted at the most glaring absurdities of medical practice. There is a natural well founded horror of shedding blood in disease, and some of the reformed schools of medicine have in a great measure, or altogether abandoned it—still the lancet is the "sheet anchor" of most allopathists. There is a wide spread repugnance to mercury, based on all observation and experience of its poisonous effects; so that whole classes of physicians have abandoned the use of this, and all the other mineral medicines, while they have continued to administer the not less deadly, and

scarcely less eradicable poisons of the vegetable kingdom. The prevailing system of medical practice is one of weakening, by bloodletting; torturing by blisters, moxas, cauteries; and poisonings by a whole *materia medica* of paralyzers, convulsives, delirificants, emetics, cathartics, anodynes, alteratives, sedatives, and stimulants, not one of which can be taken into the human system at any time, or in any appreciable quantity without injury to its organization.

The results of the prevailing modes of medical practice are what we might reasonably expect. We see them in attenuated forms and sallow faces; in the common lack of development and beauty; in falling hair and rotting teeth; in failing sight and hearing; in the prevalent dyspepsia, hysteria, and hypochondria; in racking rheumatisms; in torpid livers and diseased kidneys; in asthmas and consumptions; in painful and perilous child-births; in uterine diseases; in scrofula and rickets; in the whole catalogue of chronic diseases, which are mainly the diseases of improper medication; and, finally, we see it in the mortality that cuts down our human generations to thirty years, and fills our whole land with mourning.

We appeal to the common sense of an intelligent people, whether a medication by the most violent poisons contained in the mineral and vegetable kingdoms, combined with a reckless waste of vitality, in bleeding, purgation, &c., and the disease and mortality of which we have taken a rapid survey, do not stand to each other in the relation of cause and effect? We ask candid physicians themselves to decide whether there can be any more probable cause of the chronic affections with which such masses of our population are afflicted, than the injudicious bleedings and drug-poisonings resorted to in acute diseases?

That bloodletting is, of itself, injurious; that blisters, burnings, and other irritations of the surface, hinder the natural functions of a great vital organ, the skin; that all drug medicines, when taken in appreciable doses, act as poisons, no one will presume to deny. All that is contended by the advocates of drug medication is, that they do evil that good may come—they cause a less disease to relieve a greater. Were there no other way, this practice might be justified; but we are not reduced to any such shift. No; nature is consistent with herself. The conditions of health are ever the same. One disease may stifle another, but it can never cure. The same elements that maintain health, also cure disease. The only true system of medicine is the system of nature.

That system is the one we practice, under the name of HYDROPATHY, or the WATER-CURE; the one we wish to commend to the calm judgment of the American People; not merely as the best and safest, the most economical or the most successful; but as the only system of medicine founded in nature and adapted to the wants of man.

We make this claim boldly, because we make

it justly. It is no new system, for it is as old as the universe. It is the system to which natural instinct guides animals and men. It is as old and as universal as nature itself; based upon the profoundest science; yet, like everything good and true, simple, harmonious, and beautiful.

Hydropathy, or the Water-Cure, though understood and practised to some extent, by the wisest physicians of every age, has only been brought to be recognized as a medical system during the present century, and that chiefly by the genius of Vincent Priessnitz. Whatever may have been the origin of the idea, that Water, the great solvent and vital element of Nature, could be so applied, in combination with air, exercise, and general regimen, as to cure every curable form of disease, he has the distinguished merit of having reduced it to a practical demonstration, with a success so wonderful, that in a few years the system has spread over the world; so that now, while he is still practising at Graefenburg, Water-Cure establishments are springing up in every part of the United States.

It is not our duty, in this address, to explain the merits of this system. Our journals and books are before the people, accessible to every one. Our science is not buried in technicalities, nor our practice veiled in mystery. Everywhere we appeal to the understanding; and our patients, while being cured of their diseases, are instructed in the principles of health. Based upon Anatomy, Chemistry, and Physiology, the Water-Cure is the most thoroughly scientific, the most rational, and the least empirical of all medical systems.

And being thus founded in Nature, the Water-Cure is, of course, adapted to every possible condition of the human constitution. Hence, there is no disease, and no stage of disease, to which it is not adapted in some of its infinitely varied processes and applications; no pain which it will not relieve, no morbid condition it will not remedy; no curable sickness it will not cure. In Water-Cure prognosis there is but one rule; the prospect of cure is in exact proportion to the integrity of the vital organs, and the remaining vitality of the system. We cannot too strongly insist upon this great fact in relation to our system—its universality. Were there a single disease, acute or chronic, or any possible condition of the human system to which it is not applicable, it would be a proof of its falsity and empiricism. There is—there can be—no such proof. Diseases may be incurable, from the destruction of vital organs, or from a lack of vital energy to overcome them; but there is no possible disease, in which the Water-Cure, taken in its widest sense, in the hands of a scientific and competent practitioner, does not hold out the best hope of relief; and all the statistics of Water-Cure practice in this country and in Europe, will abundantly sustain this proposition.

Water is the best emetic, the best cathartic, the best sudorific, the best anodyne, the best sedative, the most powerful stimulant, and the only dissolvent. It is the essential element of vitality

to all organic life, and the natural medicine for all conditions of disease.

It follows from what we have stated, that the practice of Hydropathy demands scientific qualifications of a high order; and the success of Water-Cure practitioners will be in proportion to their natural and acquired qualifications. The success of the founder of the system is no disproof of this proposition. All who know him agree that he is a genius of the first order; and that, though self-taught, he is well taught, not in the technicalities, perhaps, but in the essentials of true science. Were water-cure empirical, it might be given like the thousand nostrums of regular and irregular quackery; but as it is a scientific system, based on natural laws, it follows that the more thoroughly scientific the practitioner, the more successful will he be in coping with disease.

The Medical Association, of which most of the educated practitioners of Water-Cure in this country are members, has adopted a name, to which, in conclusion, we would briefly allude. It is called "Hygienic and Hydropathic." This is a formal recognition of the principle, that the highest duty of a physician is the preservation of health—the prevention, rather than the cure of disease. Our writings will bear us witness that this object is never forgotten; and we look forward, as the grand result of our system, to the day when the only office of the physician will be the prevention of disease, and the instruction of the people in the Laws of Health.

T. L. NICHOLS, M. D.,
R. S. HOUGHTON, M. D.,
JOEL SHEW, M. D., } Committee.

GRAPES.

THEIR VARIETIES, CULTURE, AND MEDICINAL PROPERTIES.*



CULTURE OF GRAPES.—What says the reader to a homily on the culture of these most pleasant of fruits? They are, says the Commercial Advertiser, sold, of some quality, at the corner of nearly every street, and in the confectionary stores, and in those of professed and popular grape growers they are to be found in abundance of the very choicest sorts. Rich and poor eat them, and alike enjoy them. Upper-tendom rears them in its own vinery, or buys them "by the quantity" of the most costly kind;—the middle hundreds grow them in their comfortable gardens, or are content to purchase them of those who do, and in moderate quantities, and at eco-

* We are indebted to DR. UNDERHILL, of New-York, for the engraving at the head of this article.

nomical prices; and the lower thousands are fain to obtain them in diminutive paper parcels, at the apple stalls, at an outlay of from one to three cents per gratification. Grapes are, therefore, to all intents and purposes a popular fruit—they are a luxury more or less within the reach of all. But they might be produced in this climate a hundred-fold more abundantly than they are, at little or no expense in many instances, and most certainly in such quantities as to make them vastly more plentiful, and therefore vastly cheaper than they even are now. A friend, practically familiar with the cultivation of this fruit, and competent to speak of its medicinal qualities, has called our attention to this subject, and we avail ourselves of his thoughts in writing this article.

It is only within a few years that the grape has been cultivated to any extent in this climate, a fact that is remarkable when it is remembered that this country possesses so many facilities for growing almost every variety of fruit. It must be admitted, however, that for lack of the requisite knowledge of the most suitable varieties, and perhaps also for lack of skill in their treatment during acclimation, but very limited success attended the earlier attempts to cultivate foreign vines. Discouragement necessarily resulted. And in explanation of the fact that the cultivation of this delicious fruit is not more general, it may be premised that it is not even yet generally known that there are now two of the most delicious sorts—the *Isabella* and *Catawba*—successfully and profitably grown, by moderate care and attention. And there is, perhaps, still another reason for the too prevalent neglect of the culture of this fine fruit, viz:—that its real virtues and peculiar qualities are comparatively unknown. Perhaps nine-tenths of those who eat grapes partake of them only as a grateful repast, little supposing that they are at the same time self-administering one of the best and most wholesome medicines. Yet such is undoubtedly the fact.

In the vineyard districts of France, Spain, and other wine-growing countries, the medicinal properties of the grape are well known and highly prized. The free use of this fruit, as we are advised, has a most salutary effect upon the animal system, diluting the blood, removing obstructions in the liver, kidneys, spleen, and other important organs, giving a healthy tone and vigor to the circulation and generally augmenting the strength of the entire animal economy. In diseases of the liver, and especially in that monster compound affliction dyspepsia, the salutary and potent influence of a “grape diet” is well known in France. The inhabitants of the vineyard districts are never afflicted with these diseases, which fact, however, alone would not be conclusive evidence of the medicinal qualities of the fruit of which they freely partake, since peasant life is rarely marred with this class of ailments; but hundreds, who are thus afflicted, yearly resort to the vineyard districts for the sake of what is known as the “grape cure”—and the resource

proves to be a cure, except in very long, protracted, and inveterate cases which are beyond the reach of medicinal remedies. The invigorating influence of the grape, freely eaten, upon the feeble and debilitated is very apparent, supplying vigor and the rosy hue of health in the stead of weakness and pallor, and this by its diluting property, which enables the blood to circulate in the remoter vessels of the skin, which before received only the serous or watery particles.

In these remarks, however, we must be understood as speaking of the fruit when *perfectly ripe*. Unripe grapes, like all unripe fruits, are detrimental to health, and derange the digestive organs, and those dependant upon and sympathizing with them.

As these facts—for facts we are assured they are—become generally known, a livelier interest will be taken in the culture of the delicious fruit, and the attention of invalids will be called to a pleasant remedy, already easy to be procured by those of moderate means. We suppose that it may be also inferred that the free use of grapes is preservative as well as curative, which is an exceedingly pleasant idea for those who, being in sound health, nevertheless have a very natural fondness for a fruit which, in sweetness of flavor and palatability, has few equals and perhaps no superiors. Other advantages, too, have grapes over many choice and pleasant fruits, to wit: that they are in season when all others of the same juicy richness are exhausted, and they may be kept a long time after they are gathered without injury or decay. Of all agreeable deserts, commend us to a bunch of fine, rich pulpy grapes, such as careful cultivators, and especially professional grape-growers, can and do produce, the flavor of which will hereafter be not a little heightened by the recollection that we promote personal health no less than gratify the palate while we partake of them.

The following communication to Charles Cist, Esq., editor of the *Cincinnati Advertiser*, is entitled to attention. We commend it to the readers of the *Farmer*.

DEAR SIR,—At your request I now give you the mode adopted by myself, and some others in this vicinity, in cultivating the vine for wine-making.

At the same time, I feel that it would come with greater propriety from Mr. Longworth, to whom, more than any other man in the West, we are all indebted for our knowledge in grape culture.

SELECTIONS AND PREPARING THE GROUND.—A hill side, with a southern aspect, is preferred. If the declivity is gentle, it can be drained by sodded, concave avenues; but if too steep for that, it must be benched or terraced, which is more expensive.

In the autumn and winter, dig or trench the ground with a spade all over, two feet deep, turning the surface under. The ground will be mellowed by the frosts of winter.

PLANTING.—Lay off the ground in rows, three by six feet; put down a stick twelve or fifteen inches long, where each vine is to grow.

The avenues should be ten feet wide, dividing the vineyard into squares of 120 feet. Plant at each stick two cuttings, separated five or eight inches at the bottom of the hole, but joined at the top. Throw a spadeful of rich vegetable mould into each hole, and let the top eye of the cutting be even with the surface of the ground, and if the matter is dry, cover with half an inch of light earth.

The cuttings should be prepared for planting by burying them in the earth immediately after pruned from the vines in the spring; and by the latter end of March, or early in April, which is the right time for planting, the buds will be swelled so as to make them strike root with great certainty. Cut off close to the joint at the lower end, and about an inch in all above the upper.

PRUNING.—The first year after planting, cut the vine down to a single eye, (some leave two;) the second, leave two or three; and the third, three or four. After the first year, a stake, six and a half or seven feet long, must be driven firmly down by each plant, to which the vines must be kept neatly tied with willow or straw as they grow. Late in February, or early in March, is the right time for spring pruning in this climate.

Summer pruning consists in breaking off the lateral sprouts and shoots, so as to leave two strong and thrifty canes or vines—one of which is to bear fruit the ensuing season, and the other to be cut down in spring pruning to a spur to produce new shoots. These may be let run to the top of the stakes, and trained from one to the other, until the wood is matured, say in August or September, when the green ends may be broken off. One of these vines is selected next spring for bearing fruit, and cut to four or six joints, and bent over and fastened to the stake in the form of a bow. The other is cut away, as well as the fruit-bearing wood of the last year, leaving spurs to throw out new wood for the next, and thus keeping the vine down to within one and a half or two feet of the ground. Nip off the ends of the fruit-bearing branches two or three joints beyond the bunches of grapes, but do not take off any leaves.

If both the cuttings grow, take one up, or cut it off under ground, as but one vine should be left to each stake.

CULTURE.—The vineyard must be kept perfectly clean from weeds and grass, and hoed two or three times during the season. Keep the grass in the avenues around down close. About every third year put in manure, by a trench the width of a spade, and three or four inches deep, just above and near each row; fill in with two or three inches of manure and cover up with earth.

R. BUCHANAN.

MR. CHARLES CIST.

AMERICAN VARIETIES.

The Catawba deservedly stands at the head

of the list of all American grapes, both for table use and for making wine.

The Isabella is undoubtedly better known and more extensively cultivated than any grape in this country. It is hardy and vigorous, and like the Catawba, exceedingly prolific, both kinds often producing ten bushels to a single vine.

The Elsinburg is highly esteemed by many as a table grape. It is without pulp, of a sweet and delicious flavor, the fruit small, but a great bearer.

The Longworth's Ohio Grape is an excellent desert fruit, but small, very similar in appearance to the Elsinburg. It is without pulp, and produces large bunches, sometimes measuring fifteen inches in length. It ripens early, and is an excellent bearer.

Norton's Virginia Seedling is in appearance and size of fruit very similar to Longworth's Ohio and El-inburg. It is very productive, both in the garden or vineyard, and especially valuable at the South, where many kinds rot in wet seasons.

The White Scuppernong is the great wine grape of the South, and is found growing wild from Virginia to Georgia. It is known from all other grapes by its small leaves, which are seldom over two or three inches in diameter. At the South it is a prodigious bearer, one vine having produced one hundred and fifty gallons of wine in one season. For many years an excellent wine has been made from this grape. This grape is only suited to the climate of our Southern States.

The Alexander, or Muscadell, is an excellent grape, and makes first rate red wine. It is very hardy, and is only surpassed by the Catawba.

The Powel grape produces a fruit that is easily preserved in jars for winter use, and on this account it should meet with great favor.

AN AUTOBIOGRAPHY.

CHAPTER I.

READER, never mind my name. It is of no consequence. Names are often no value, for they do not represent their wearers. Let me pass unnamed whilst I talk to you. But there is still another reason why my name should pass unnoticed, which is, that this manuscript may reach no person's eye till my name is forgotten well-nigh. I write this history of myself because I wish to leave on record my testimony in behalf of the goodness of the *laws* of God as described in physical nature, and especially in physical man. I am desirous to set forth at some extent life and its true conditions, disease and its miseries, sickness and its interminable grasp almost, of medicines and medical men. Perhaps this history may stimulate some reader whose eye may catch it to watch over himself, and so live somewhat happily in this life of ours. Kind heaven knows that in *my* case knowledge of the law and obedience to it would have saved me from pangs hardly exceeded by Isaac, the Jew, when scorched by the old Norman baron in order to extort money from him.

Kind heaven also knows that *life*, which now should have been only slowly maturing in me, and which should be now green and glorious, has been forced to premature ripening. Fall, with its "sere and yellow leaf," sends its whistling winds through my branches, telling me that I can never be young again, till my soul

"Shall spread its wings,
And onward, star by star,
Soar up to heaven."

In the year 17—, of an April day, there might have been seen approaching the village of Little Falls a bright black-eyed boy, about sixteen years of age. He was poorly dressed, and evidently unknown to the dwellers of that vicinity. He bore under his arm a bundle containing his wardrobe, and as he approached the village he was accosted by a gentleman in a gig, with a "Do you want work, my lad?"

"I do," was the reply.

"Can you do most anything?"

"I can do most anything that boys of my age can do, and what I do not know how to do, I can learn to do, if I can have the opportunity."

"Well, my boy, come along with me; I will try you."

The man whirled his carriage round, and, driving his horse villageward, the lad trotting along by the side of the horse, they soon arrived at the dwelling of the future employer. A bargain was struck up, and the next morning that boy, with an eye like that of an eagle gleaming in his head, sat down on the rocks of the Mohawk to drive a hand-drill, day after day. He worked steadily for four weeks, when his employer failed, made an assignment, and the poor lad lost his wages. The man was kind, but *kindness is not money*. Kindness sometimes takes the place of money, is as good as money, touches the heart more than money, lifts the soul into a higher, broader, nobler life than mere wages can do. But kindness in *this* case availed little. It ended in expressions of regret, and the young homeless one took his bundle and came to New Hartford, in Oneida Co. The first place he applied for employment was at the office of the physician and surgeon of the village, Dr. ——. This man was a person of some eminence in his profession. He was not matched as a *surgeon* but by one man this side of Albany. He was a bland, courteous man, when not angry, which was seldom the case. He had all the passion for surgery which often marks gentlemen who follow it, and it tinged his general manners. It possessed his whole soul, demanded his attention, and, of course, moulded his character.

The cutting off a leg was to him what a good dinner is to one with inordinate alimentiveness—a matter of business in which great promptitude is required, and about the propriety of which little doubt is to be apprehended. He felt himself *divinely inspired* only when his scalpel or his saw were cutting through flesh and bone. Then the genius loomed up to splendor—a perfect *aurora spiritualis*—in him. He was the resolute,

prompt, resourceful man, standing on his own bottom, sustaining himself; not rash, not wishing that peoples' bones should break, or boys have white swellings, or drunkards have cracked skulls; but never mourning at being summoned to pocket his instruments and hie away to what is now called Madison, or Cazenovia, or Rome, or Oneida Reservation. At this time he could not be called a polished man, for frontier life is not well calculated to give men great suavity of manner. It educates to hardiness, frankness, kindness, but the circumlocution of speech, known in society more of age, and stamped with the enervation of years, it knows nothing of.

To the office of this doctor the lad presented himself. He was *alone*, somewhat dispirited, and quite hungry. He rapped resolutely, and was bidden to enter. On opening the door, he saw a portly-looking personage sitting in a chair, cocked back on two legs, with his feet stretched across the seat of another; and with a book in his lap, and a pipe in his mouth—*taking life easily*. The curls of smoke lifted themselves from the bowl of his pipe as they roll out of the chimney hole of an Indian wigwam in a bright, quiet morning in June; and he was in one of those air-castle reveries which tobacco creates, and in which the dreamer lives on the fictitious and intangible, and scowls at being aroused to cognizance of the realities that surround him. His "Come in!" in answer to the boy's knock, arose from habit—a mere mechanical effort. He was not aware that he spoke. He would have qualified before a court that he never gave that boy permission to enter. He did not stir on the entrance of the boy. His eyes were open, he was alive, fully conscious, but it was the consciousness of the dreamer. He was revelling in elysium: the realms of the sensualist. His higher nature was in subjection to appetite for the hour, and the world and its fashions had passed away.

The boy took a seat, and his black eyes flashed out the thoughts of his soul. He knew he was in the presence of a great man, a man who he would be proud to acknowledge as his intellectual master. The evidences of this were unmistakable. The library, for that period—very extensive, the neatness of the office, the richness of the man's dress, the splendid brow, for now and then as the wreaths of smoke for an instant faded away, the boy could catch glimpses of a fine manly face, as one is able to get the outline of a maiden's through her veil, as she kneels at the shrine of "OUR LADY" at prayer; all indicated greatness.

But all things come to an end, and so this man's dream and his smoke wreaths. His smoke ceased, his dreaming vanished; he had returned from his journey to Utopia to find himself in his office, and an intelligent boy staring at him. He raised himself and said:

"Boy, what do you want?"

"I want to study medicine," said the boy.

The doctor, unconsciously to himself, perhaps, looked at his own clothes and then saw the boy's rags, and thought of the difference—most men

are made up of starch and buckram—between them. A smile came over his face that sent the blood back to the heart of the lad, for it was half scornful, half simpering—that smile. When the smile fled, and the face assumed its natural look, his answer came, interrogatorily, “Study medicine! Ho! ho! you are rather aspiring. Would you not like to study medicine in *my horse stables*?”—again glancing at the boy’s clothes—“I want an ostler. Can you take care of horses? Or, perhaps, you are too proud,” again looking at *his own* clothes, and then at the rags of the boy.

“Sir,” said the lad, “I can take care of horses, and I am willing to do so, for I am poor, ragged, and honest. I love to work, I love to study. To know that I am always to remain as ignorant as I am at present, would kill me with mortification of spirit. It matters not to me how I reach the summit of hope, and as lief it would be through your horse stables as any way: all I have to say, is, that I am poor, ragged, want a good friend who will teach me, who will assist me to get clothing, and education, and a character, and I will take care that he shall not lay his kindness out on a barren soil.”

“How old are you?”

“In my seventeenth year, sir.”

“Have you no friends?” “None in this part of the country except a brother-in-law, in *MIDDLE SETTLEMENT*, who is a gambler, a debauchee, and what is almost equally bad, a *very lazy man*.”

“What is your name? You talk like one older in years than you represent yourself.”

“Exposure *hardens* one. Misfortunes push one to premature development. I am older than most persons at twenty-one. I wish I were not as old. My brain and my body are at odds. My name I prefer only to tell you in confidence—and to prove that you confide in me, you must agree to take me into your employment. I will go to work in your stables, and I trust to time and my efforts to induce you to *ask* me to study medicine with you. What say you, sir?”

“I say, that your language, bearing, and exterior puzzle me. I will take you. You shall be my ostler, and if you prove worthy I will be your friend, I will assist you, and you shall study medicine.”

The lad told his name, went to the kitchen, ate his supper, made his way to the stables, and looked matters all over at that post; went to bed and slept the sleep of the youthful, whilst Hope settled over him with out-spread wing and whispered in his ear sweet sayings of the Angels whose home is with the dwellers in

“the land of the Blessed.”

CHAPTER II.

A window from the little attic where the boy lay, opened to the east. The first rays of the morning fell on his brow as he dreamed of her who bore him, and of whom he had clear recollection though years before she had passed to a higher, holier clime.

How beautiful the morning light is, as it lifts

itself to the blue sky spangling it with gold. It is so mellow, so rich, and soft; and it is doubly beautiful when it settles on the face of youthful innocence making a portrait which the best artist might envy. It was so in this case. But the painting was evanescent. Ray after ray of light came pouring in at the window, till at last came a bright flash as the *Sun* himself showed his face over the eastern hills of the Mohawk, and looked with dazzling brilliancy directly on the face of the dreamer. He started, opened his eyes, bounded from bed, and with crossed arms on the window sill, and his chin on his arms, looked out of his little window on awakening NATURE.

There was not much that is human astir. The meadow lark with its mate was up taking its flight toward Heaven, and filling the air with its music. Soaring out of the long and thickly blossoming clover, it stretched its flight straight upward till he could no longer see it, and then it would gently descend in as direct a line, singing all the while, till it landed in the exact spot from which it arose. Far off as the eye could see on Deerfield hills—came the crowing of a barn-yard cock, which was responded to by dozens and twenties all around him. Then came the lowing of a cow in a neighboring pasture, and at last the rolling of the stage wagon as it pushed its way through New Hartford to a little settlement called *Vernon*—a place with six houses, tavern, and blacksmith shop. The musings of that boy! who can tell them! who can imagine them? He was homeless, as good as fatherless, in the house of a stranger, of high ambition, of feeble health, small in stature, for disease in the shape of a fever sore had arrested his growth and whilst perhaps it developed his mind prematurely, it left his body enfeebled.

“So my business is to clean horses, eh! very well; and to run of errands, and to harness the sorrel to the gig, and saddle the black at a minute’s warning, and fetch and carry for the Doctor’s lady, and wait on the little boy with flaxen curls! By the way, that little fellow will come to the gallows if his parents do not hold him in. Wonder if I shall make out to escape crime. This is a beautiful valley—how glorious Nature looks in her unfoldings this morning—but I must dress and away to my home—the stables—I’ll make things look little better before I sleep.” And dressing himself, he slipped noiselessly down stairs, out the back door to the barn, and began his morning’s duties.

The Doctor rose about seven o’clock. After having dressed himself with scrupulous nicety, as all Doctors ought to do, he thought of his ragged protégé, and wondering whether the fatigues of the previous day had not kept him to his bed, he made his way to the stables, to see if he was there. He found him hard at work. The black horse’s coat shone like a glass bottle, the gig horse looked not a whit behind him, the stables were cleaned, and the barn floor swept; the harnesses all hung up; and the gig thills to the door, ready for a start at the slightest call of the

Doctor. All these things the surgical gentleman saw at a glance, and he was more puzzled than ever. "Good morning, my prince of ostlers!" said he. "Good morning!" replied the boy, and kept at his work. The Doctor stood and looked at him and thought of things in his own history, and inwardly prayed that *his own* child might grow up, not to the boy's rags and loneliness, but to his manfulness of spirit, his deep earnestness of character. I believe it is George Sand who so beautifully eulogizes the GODDESS OF POVERTY.

"Since the world exists, since men were created, she traverses the world, she dwells among men, she travels singing, or she sings working—the goddess, the good GODDESS OF POVERTY.

"She has walked more than the wandering Jew; she has traveled more than the swallow; she is older than the Cathedral of Prague, and younger than the egg of the wren, she has multiplied more than the strawberries of the Böhmerwald—the goddess, the good Goddess of Poverty.

"She has had many children, and she has taught them the secret of God; she spoke to the heart of Jesus on the mountain; to the eyes of Queen Libussa when she became enamored of a laborer, to the spirits of John and Jerome on the funeral pyre of Constance. She knows more of it than all the Doctors and the Bishops—the good Goddess of Poverty!

"It is she who builds with green boughs the cabin of the wood-cutter, and who gives to the poacher the sight of the eagle; *it is she who raises the most beautiful children*, and who makes the plough and the spade light in the hands of the old man—the good Goddess of Poverty!

"Thou art all gentleness, all patience, all strength, and all mercy, O good goddess! It is thou who united all thy children in a holy love. Thy children will one day cease to bear the world on their shoulders; they will be rewarded for their sufferings and their labors. The time approaches when there will no longer be either rich or poor, when all men will consume the fruits of the earth, and enjoy equally the gifts of God; but *thou* wilt not be forgotten in their hymns, O, good Goddess of Poverty! They will remember that thou wast their fruitful mother, their robust nurse, and their church militant. They will pour balm on thy wounds, and they will make for thee of the rejuvenated and perfumed earth a bed on which thou canst at last repose, O good Goddess of Poverty."

So stand by, Mr. Surgeon, and let pass into your stables the good goddess of poverty. The young lad on whom you look with such air of surprise, *is one of her chosen*. He has received her baptism, and her bosom has pillowed his head by the way-side, whilst your's has been sunk in down. Stand aside, sir, and let her pass; she has a message to the youth which shall do him good—stand aside, sir, and hear it! Thou shalt arise, my son, in thy strength, in days not far away, and thy ambition for learning shall be gratified. Give me thy thanks that thou wert not born to wealth and its luxuries—that its enervations

have not eaten into thy soul. Thank me for thy wanderings, they are *capital* to thee; and as to thy temptations, they have not been, nor will they be, half in number or magnitude what the son of thy employer will have to go through. Thou wilt have to work, but work is *divine*; thou wilt have to economize, but also doth God, who never wasteth anything. Thou art in rags, and well clad fools will laugh at thee; so did the proud at the Man of Nazareth. Early wilt thou have to rise, but thy reward will be the glories of a new day-dawn, and the songs of the morning from ten thousand throats will waken thy soul to love of the Most High. Late will be the hour of thy retirement, but thy sleep will be sweet, and thy visions the foreshadowings of a better clime. Look up! thy Employer watcheth thee; let Him see that *peace* is at thy heart nestling for a lodgment, and that thou wilt not refuse her entrance." She passed out, and the boy raised his eyes, and they met the clear, thrilling, searching glance of the *strong man*. There they were—the man, the physician, the surgeon, full of resource, and strong in his *works*, and the boy mighty in his resolves and in his *faith*. Each became, at that instant, aware that a new tie had bound him, and that they were mutually interested. That interest increased, and in three months the lad was seated in his preceptor's office, buried to the chin in Chesselden's Anatomy.

Years had fled. Our lad had grown to manhood—had answered all the expectations of his preceptor—had traversed again and again the hills that stretch from the banks of the Mohawk to Oneida Lake, when, meeting with a misfortune, he removed to Savannah, in Georgia, where he spent seven years in successful practice. Meanwhile, another person, sustaining somewhat an important part in this history, walked out of the shadow into the sunshine—she was my mother. I know in these days it is unfashionable for a man to admit that he ever had a mother, but I am "a gentleman of the old school," and my love for my mother and my vanity are pardonable. Well, reader, this mother of mine was of good stock; she had noble blood in her, for it is all squeamish nonsense to deny that there is no difference in *blood*. There is; and those who deny it, or overlook it, are, to say the least, unwise. She was not tainted with scrofula; she was not cursed with the consumptive virus; she had no rickets nor cancers in her bones or blood. She was of a family who, unless death took them at a disadvantage, lived out their three score years and ten, and then "slept the sleep that knows no waking" without pain or groanings that rend the heart. From the earliest settlement of Connecticut her ancestry had been its inhabitants, and in England were what is called of *noble* descent. Great care had been taken for centuries back to make in the matrimonial line no connection without thorough investigation into the genealogy of the person so proposing to connect, and the result was, that at her arrival at adult age she could boast—and in my judgment it was a matter well worth boasting about—that no con-

stitutional or hereditary poison circulated in her veins. Do you laugh at me for my making this consideration of *blood* of importance? Hold! We will argue the point a little further, if you please. You have, perhaps, now thought of the thing as applicable to the race of which you are, to a certain extent, an exponent. Yet in the matter of the lower animal creation you are, most likely, enlightened. Agriculturists take great pains to study pedigrees of the *animals* they raise. They do not rely on the personal beauty of an animal for a guarantee that the offspring will also be beautiful; they rely on *blood*. If for generations preceding the one from which it is proposed stock should proceed there have been as a great fact fine qualities of form and action developed, they conclude that in *that breed* these qualities are constitutional, hereditary, and, under favorable circumstances, transmissible, and that they can be relied on. It is not a mere accident, this question of the beauty, symmetry, agility of the horse, or the ox, the cow, the swine. Fine forms are seen only where the law of proportion is recognized, studied, understood, and practised. Depend on it, this is as true of man as of the other animals. Whoso despise and rejects the philosophy will have no escape from its force except by mere haphazard. The consumptive male and the scrofulous female will have children—if at all—that shall die like blossoms of April nipped by a hoar frost. The man of over-growth and the woman of inferior growth, will have raw-boned, knock-kneed boys, whose swinging, lounging, lazy gait, will remind one of a skeleton hanging from a gibbet, and vibrating in the wind that whistles a death's dirge through its bones. The man of great quickness of action and the woman of great sensitiveness of rapid impulses, will have children of great activity, but of feeble endurance. People may laugh at this idea of studying the pedigree of a human being as one would study that of a horse, and of taking it into serious consideration in forming matrimonial connection; but it will be allowed me to say thus much, "*let those laugh who win.*" To me there is no more sorrowful sight than to look into the face of the youthful dead, in whom life flickered like a dying lamp, till it went out and left *all dark*, and this, too, from *the sin of the parents*. There is no more beautiful sight, nothing more soul-inspiring, than to look on a *finely-developed human form, uniting high beauty with strength or gracefulness*. Such was my mother at the time of her marriage with her first husband. At the birth of her first child, her husband determined to remove to *the far west*, and while the infant was tender, they bade adieu to New England, and, *on horseback*, made their journey to the central portion of the State of New York.

She lived with her husband till she bore him six children, all fine, hardy children—some dying early, it is true, but from disease not hereditarily transmitted. Their parents were as free from taint of this sort as Adam and Eve were. Their children were also *free*. At length the husband

died, the victim of his own imprudence, and she who was to be my mother was a widow. The stable-boy, the physician, the successful man of business, married her, and their first-born son was myself. Unhappy day for me! How I have struggled to ward off the divine inflictions of the second commandment! Oh, my father! thou wert lovely, noble-minded, God-like in thy spirit! Early did my youth learn to trust and reverence thee. The deepest nook in thy heart was my resting place, and thy good spirit sheltered me like the wing of a ministering angel. Nevertheless, a curse was on me. Thou wert *thyself* accursed. Disease was with thee at thy begetting and birth. It followed thee like thy shadow—it spread itself over thee like the darkness of Egypt; and the health thou hadst was like the gushes of light from the North—bright, beautiful, and transient.

In the marriage of my parents and my birth, was developed one of the most beautiful laws which the Creator has established for the government of the human race. Its violation induced misery to me, and also to my parents; for a child who is miserable must make its parents more or less unhappy. That law is ~~the~~ hereditary transmission of qualities, and the absolute necessity of knowing and caring after those qualities that are desirable. Now, my father, though a skillful man, and well-read in his profession, did not know that if he, a scrofulous character, begot a child, that child would also be scrofulous. The reader must remember that this happened many years since, when medical men were as ignorant of many things as laymen are at this day. Nevertheless, God winked not in that day, even, at a physician's ignorance of *physical law*; and so I was *born under the law*, and not under *grace*. My mother also was punished for her ignorance. She thought the precision of her ancestors was all nonsense; that persons who loved each other ought to marry each other—a mistake not less frequent in this than in her day. She failed to know that herself, being free from *taint of blood*, was no security for her children, her husband being attainted. Yet this is as true and as sure as the law of light and shadow. It is unvarying. It acts with mathematical exactness—not always developing the same form of poison, but some phase which the virus legitimately takes. She had borne half-a-dozen children by the first marriage, and they were all healthy. She took it for granted that her children by her then present husband would also be healthy. In other respects than bodily development, he was greatly the superior man. Of more mind, with better cultivation, with indomitable perseverance, a fine growing reputation as a medical man, companionable, answering the longing of her better spirit, she thought not of *disease* displacing one of her household gods, and taking a seat on her hearth-stone; she thought of *love* and its legitimate concomitants. Now be it known that where a healthy woman successively marries two men, and has children by both, the one husband being scrofulous, and the

other free from it and other hereditary poison, the children of one issue will be scrofulous, the other healthy. And the convene of this proposition as regards the sexes is true also. A man marrying two women successively, having children by both, one woman being consumptive, scrofulous, the other with healthful organism, the children will take their mother's condition respectively. This is LAW, a statute of God, and it will stand. No cunning device can avail as an offset to its fulfilment. Have its way it will. And it will have its way with *full sweep*. Not one of a dozen children shall escape. One shall die in its first yearnings after life; another shall never see the light alive; a third shall die in the swellings of the bud when the warmth of youth urges out tender leaves; a fourth shall die of consumption; a fifth shall have rickets; a sixth, club foot; a seventh, terrible, unconquerable attacks of neuralgia, of the facial character, and so on. DISEASE, keen-eyed, shrewd, unmerciful as Shylock, brands the group as his own, and, like the cattle-raiser and his herds on the plains of Mexico, turns them out to roam till their time comes.

If in the gathering of facts with a view to generalization, and the founding of a theory it is justifiable to draw conclusions from a *large number*, then is the position maintainable, that the relation of children to their parents is exact and precise, and that it depends on no accidental circumstance. The law of our organization is, that the health of the children depends on that of the parents. This is a primordial law. Let the sexes unite in what they call marriage, and so enact "Beauty and the Beast," as they do when health and disease attempt union, their comedy shall end in tragedy. The Beast—synonyme for disease—shall have it after his fashion; his deformities shall be renewed in his offspring and Beauty—health—shall see only enough of her likeness to create sickness of heart. It is, in all such cases, Pharoah's dream over again, with frightful *realizations*, the lean kine eating up the fat. O! unmarried ones! Would to God you could be made to feel that the greatest calamity that can happen to a child is to have sickly parents. Death might then be checked in some of his awful conquests.

There are two causes of scrofula original in character. 1st, Hereditary taint. 2d, External influences, or causes which may be termed *accidental*. Now, at first sight, one knowing my father's early history, would have said either that he was *not* scrofulous or that it arose from accidental cause. But on looking the whole matter over, I am convinced that in him it was decidedly and clearly *hereditary*, and for the following reasons. 1st, He had in his *very early* life no want of comforts. Such as food, clothing, comfortable lodging, &c. No causes were at work to produce scrofula by *sapping* his strength. 2d, He had a sore come on his leg, which produced caries of the *tibia*, the large bone of the leg between the knee and ankle. 3d, His growth was arrested, or at least checked. 4th, He had the cast of face which one acquainted with scrofulous diathesis

or habit instantly detects; black hair, black eyes, large head, short neck, prominent frontal development, and much larger nerves than muscular development. From whom he came by it I do not know, very probably it skipped, in his case, a generation being checked by external causes. No matter; it showed itself plainly enough in him, and it showed itself in his children. There is another law, of which my father thought not, and my mother was ignorant. It is this, that children of decidedly scrofulous habit may have the poison kept in check by appropriate means, so that it shall not assume in them an active form unless they have children. The gratification of the sexual passion by those cursed with scrofulosis tends strongly to exhibit it in its active form. Those *means* in my case should, as I think, have been a life free from hard bodily labor, exposure to the open air, life on the hill sides, few and easy intellectual tasks, plain, simple regimen, abstinence from heavy meats, from all meats would have been still better, from gross, greasy food, with cheerful, pleasant, social companions. Possibly under such circumstances life might have been other than a burden, and I might not have repeatedly cursed, like Job, the day of my birth.

My father was of the Allopathic school, a school of medicine utterly to be condemned, if for no other reason than the indifference it pays to Hygiene, or that department of the Healing Art which has peculiar reference to the *prevention of disease*. A school whose Alumni work in the dark, who are crabbed toward reforms, who think a man a mouse without a diploma, and a mouse a man with one. Who are cheated constantly into ill practice by their reverence for formulas, and cheated out of philosophical modes of treating disease by their contempt for innovations. A school, whose graduates have vibrated almost unceasingly from the utmost verge of scepticism in which nothing is believed, to the extreme of credulity, where everything is taken for granted, and who, under all these changes, have made less progress than the most arrant quackery, against which they have with

"Brazen throat bellowed forth dire war."

Of this school, reader, my father was considered an ornament, pretty liberal for the day in which he lived, and courteous, but there was little in the AGE or the circumstances by which he was surrounded, to prompt or push him to make inroads on the practice of medicine. Inroads indeed! It takes a man who can afford to wait the coming of events, who has not only a good degree of strength in himself, and is conscious of it, but who unites to his strength *audacity*, and originality of conception in advance of his competitors to strike out a *new* path. And when he does it, let him look for the slipping of the leash and the hurraing of the whole pack on his heels.

"Jumble and Jano, Bandle and Bowzer,
Tumble and Thimble-rigg, Bright-eye and Towzer."

all yelping in full cry after him. At this time my parent was not in the most favorable con-

dition to do these things. He had outlived his day of trial, was grown respectable, and could ill afford to study after new light. He bled, and physiced, salivated, and made people stupid; partly because he knew no better, partly because other doctors did so, and partly *because the people would have it so*. A man without his saddle-bags was like a judge without his black gown, a criminal without his black cap, or a clergyman without his surplice—just *nobody*. To try to doctor without saddle-bags! it was like attempting to save the souls of people without instructing the poor creatures in the CATECHISM. The more the doctor made a poor wretch gripe, groan, twist, and retch, the smarter the doctor was, as a fellow said once in my hearing, "that doctor knows something, for he gave me something that went through me like water through a mill tail." But I must begin a new chapter.

DIETETICS.

BY T. L. NICHOLS, M.D.

If civilized men could be satisfied that they could enjoy a purer health, and consequently greater strength, and a higher enjoyment even of the pleasures of the table, by living upon vegetables, they would scarcely slaughter the myriads of animals that are now yearly butchered so uselessly and so cruelly. Why should we take the life of one of God's innocent creatures in the midst of its enjoyments? Why imbrue our hands in blood, and steel our hearts in cruelty? Why have about us portions of mangled corpses which can only be kept from putrefaction by the use of the most powerful antiseptics? One would think that men would not do such deeds without some terrible necessity.

Is it because he is naturally a carnivorous animal, because God made him for a life of slaughter? No: his anatomy shows that he has but a distant relation to the flesh-eating tribes—the lions, tigers, wolves, and hyenas. It proves him to be an eater of fruits, seeds, and vegetables. There is no man who, if he were obliged to select a diet all flesh, or all vegetables, would not choose the latter. Give any man his choice to live a month on nothing but bread, or nothing but beef, and he would choose the bread.

Is it because flesh is necessary to our health? Certainly not. Every physician knows that vegetables contain the purest form of food. In certain cases, they rigidly restrict their patients to a vegetable diet. Flesh is known to be inflammatory, putrefying, and liable to be diseased. In certain conditions it develops the most deadly poisons. Persons who eat much flesh have violent diseases, and are difficult to cure. They are peculiarly subject to the plague, the small pox, the cholera, and other fatal epidemics. In Smyrna, during lent, which is kept by the Greeks, very few of them are attacked by the plague, while the flesh-eating inhabitants are dying all around them.

Is flesh cheaper than vegetables? There is a

wide difference the other way. Wheat, the best article of human nutriment, contains 85 per cent. of nutritious matter in the exact proportions required to make the best blood for the nourishment of the system, while the best flesh contains but 25 per cent. of nutritious matter, and that not in the best proportions, while a pound of flesh costs as much as several pounds of wheat. The corn required to make pork enough to support a man one hundred days, would, if eaten in its pure original and far more healthy condition, afford him as much nutriment for four hundred and eighty days, to say nothing of the time lost in feeding the animal. In fattening a hog, a certain number of bushels of good healthy corn and potatoes, are converted into a mass of greasy, and in many cases, scrofulous pork, with great loss and trouble, while the flesh thus made does not contain one principle necessary to the human constitution which did not exist in a far better form in the vegetables on which it fed. In short it has been found by an accurate calculation that vegetable food is not merely better, but five hundred per cent. cheaper than the flesh of animals.

Since the attention of men of science has been turned to organic chemistry, the proportions of nutritive matter in various substances have been accurately ascertained. The following is the result of some of these inquiries.

Turnips contain 11 per cent. of nutritive matter; beets, 11; carrots, 13; flesh, 25; potatoes, 28; oats, 82; peas, 84; wheat, 85½; beans, 86; oatmeal, 91. Corn is about the same as oats and wheat. Thus 100 pounds of flesh contains but 25 pounds of nutritive matter, and 75 pounds of water, while the same quantity of potatoes contains 28 pounds of nutritive matter, and wheat 85½ pounds.

But this is not all. The best food is that which contains the materials for muscle, nerves, bones, &c., and the matter for combustion which keeps up the vital heat in proper proportions. The analysis of wheat shows us that these principles are found in it, in almost exactly the same proportion as in the blood; and this is the case to a great extent with most of the vegetable products used for food, whereas flesh contains but one of these principles, and can but very imperfectly subserve the purposes of human nutriment.

Is flesh better than vegetables? This question is already answered. Chemical analysis proves that vegetables, especially the farinacea, as wheat, corn, rice, &c., contain the purest nutriment, and in the requisite proportions. Why not? Do we want strength? See the powerful muscles of the horse and the ox, made from grass and grain. They need no beef steak to enable them to perform their labor; and if we eat the flesh of the ox, we only eat the grass and grain at second hand, mixed with effete animal matter, often with the poison of disease, and always deprived of some of its most important principles. Contrive as we may, we must live on vegetables, and the only question is whether we shall eat

them at second hand, impure, unpleasant, and in many respects objectionable, as they are converted into the tissues of animals.

It is a question of science, of experience, of principle, and of taste. Science has demonstrated that the products of the vegetable kingdom are the natural food for man, most admirably adapted to all the wants of his system. Experience has shown that men can be sustained under all circumstances, on vegetable food, in their highest health and vigor. It should be a matter of principle not to inflict needless suffering, nor condemn thousands of our fellow men to follow cruel and brutalizing employments. As to the question of taste, I fancy there can be no two opinions. Compare the flesh-eating animals with those that live on vegetables.

Of carnivorous animals, in their natural state, we have the lion, the tiger, the wolf, the hyena, &c.; of vegetable eaters the elephant, camel, horse, ox, ourang outang, &c.; and of the omnivorous, the hog. The lion has a fabulous reputation for courage and magnanimity; but the best informed naturalists assure us that he is treacherous, cowardly, and ferocious, like all his class. The hog may be a very respectable animal in his way, but he has no qualities, that I am aware of, to wish me to follow his example in regard to diet. Look now at the calm dignity of the "half reasoning elephant;" the patient docility of the camel; the noble character and beauty of the horse; the strength and usefulness of the ox; the almost human sagacity of the monkey tribe; and draw an inference, if you will, of the relative merits of the different systems of diet. I do not include the dog, for he is the creature of civilization; but it is certain that the kinds of dogs, which live most exclusively on flesh, are far from being the most intelligent and amiable. As a matter of taste and feeling, I should think that every person of refinement would give a preference to the vegetarian system. On the one side you have fields of waving grain, trees loaded with luscious and odorous fruits, fair apples, blushing peaches, blue plums, and golden nectarines; vines laden with purple grapes, and a wealth of fruits and berries innumerable, making the earth all beauty and sweetness. On the other you have stall fed beasts, cruel and ferocious butcheries, the pestilential odor of slaughter-houses, gutters running with blood, the mangled and putrifying carcasses of dead animals, making, altogether, a scene of such abominations as no person of sensibility wishes to contemplate.

What is more beautiful than corn and fruits? What more revolting than dead corpses? Who does not gather the vegetable portion of his food with pleasure? Who would butcher his own meat if he could have it done for him? What more graceful present than cakes and fruit? What more ridiculous than the present made to the Queen of England, the other day, of a lot of sausages!

I do not write to impose my opinions on others. Let every one examine the subject, and be fully persuaded in his own mind. Hogs will continue

to be fattened, and pork to be eaten; but let every man, who reasons at all, satisfy himself that his natural food is the flesh of the hog, and no one ought to quarrel with his decision. I have no doubt that a very large proportion of the disease and premature mortality in this country comes from our inordinate eating of flesh, and when the question is fairly examined, all medical men will be of the same opinion.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with Notes and Additions, by NICHOLAS T. SORSBY, M.D

(Continued from the June No.)

If they did not commence snuffing tobacco, in France, until the days of Catherine de Médicis, who caused her physicians to prescribe snuffing to her son Charles IX., it was not until the reign of Louis XIII. that they commenced smoking. This king did not smoke, but he permitted his subjects to do so, and they indulged in it freely around him. The sailors, during the reign of his successor, appeared in public with their pipes, and everybody is not ignorant of that of Jean-Bart, who, sometimes at Court, and sometimes at the Theatre, produced as great a sensation as did his famous silver-cloth coat.

It was about the same period advised to distribute tobacco regularly to the French soldiers; even for every soldier to carry his pipe, and flint and steel. It is painful to think of it; but, as the celebrated Percy has said, the public authorities had doubtless concluded that the pipe diminished their appetites, and to save four or six ounces of bread per man every day, they gave them three *deniers* of bad tobacco.

During the conquest of Holland, Louvois interested himself more in the distribution of the tobacco than of the rations, and it was easier to find tobacco than bread for the soldiers, who, in those days as well as at present, thought most of it during the campaign.

But what is the use of writing further the history of the invasion of the pipe and cigar into our customs? Does not every one know that smoking did not spread among the different classes of the people, until after the barons, the counts, the dukes, and the princes, and the kings themselves, had set the unfortunate example?

OF THE DISEASES OF SMOKERS.

The individual who submits himself, voluntarily or not, to the habit of smoking tobacco, experiences local and sympathetic effects from it.

You recollect we have already noticed in the preceding pages of this book, the latter of these effects; we will not repeat them here.

As to the immediate and local effects which smokers experience in their mouths, they are a kind of *chatouillement*—a tickling, a sensation of an indescribable taste, for the want of a better term, which is something similar to the impres-

sion which a slight application of a hot wad upon a cold and sensible part. The mucus follicles and salivary glands are soon irritated; the mucus and saliva pour into the mouth from every side, and is not long in being rejected. Disgust immediately follows the satisfaction of the first desire; but, the adept by degrees becomes accustomed to the *malaise*—the bad feeling, to the confusion of vision, until the habit is in fine, fixed—sometimes even to the insatiableness of to-

To date from this moment, and, as Dr. Grenet has so judiciously described, a new want is attached to the organization of the smoker—as the temptation to the self-destroyer, the activity to the limbs, the thoughts to the poet's brain, the necessity of the habits to men of our climate and civilization; it is the physician's pendulum put in motion; the ivy root inextricably attached to ruins: it is a power that he can never destroy, if he does not oppose to it a firm will.

One of the greatest reproaches that we apply to the pipe, the cigar, the cigarette, and above all, to the quid, is the production of a considerable loss of saliva. These losses are, indeed, very hurtful to the health and to the functions of digestion. In vain do they in the North, and in all of our smoking-rooms, drinking shops, &c., endeavor to repair this loss by pouring down quantities of beer, and strong drinks. These drinks only repair the loss in a small way; and, besides, these excesses do not remedy the first—the remedy being as bad as the disease. Nothing is more disgusting than the sight of certain smokers; their mouths, when holding the pipe, furnish streams of saliva, that does not cease to flow as long as they continue to smoke.

Smokers of the humid regions of the north die of dropsy-anasarca. In our country, they die of marasmus, of consumption, and very commonly of echirous indurations, and of cancer of the stomach. We are astonished, says Percy, to see the Spaniards, so sober, in other respects, forget, in relation to smoking, their temperance in all things. We do not speak *relative to the pipe*, for we very rarely ever encounter one among them. They prefer to the pipe a little roll of paper in which is inclosed a small quantity of tobacco in powder, or of moss tobacco—a *cigarette*, at one end of which the fire is applied to consume it gradually, whilst they hold it to the mouth with the thumb and forefinger; and, all those who smoke thus are disagreeably tanned, and, as it were, bronzed. They spit more or less in smoking, and that is what they should avoid, as the dry, nervous, and bilious temperaments suffer more than others by the loss of the saliva.

They do not waste the salivary fluid with impunity. *Cracher n'est pas toujours saliver, nous en convenons, mais on fait l'un et l'autre en fumant.* As a proof that this double sputation is hurtful, is the state of debility, the lassitude, the languor which succeeds smoking whilst fasting in those who prolong it too far before taking food. If we take away for an instant from the pipe its *vertu désenvenimante*, we will soon see how indispensable it is to the soldier, as is gen-

erally thought to be; and it will be sufficiently easy to prove that by the abuse that is generally made of it that it is more hurtful than necessary or beneficial to them, more especially when, at the same time they use the pipe they chew and snuff—which is so common among them.

It is now generally understood what influence the pipe has over the clouds of the sea, as well as its supposed prophylactic qualities against scurvy, which, is due more to the excesses in the use of tobacco than to salt food and the humid and confined air of ships. It is debility, let the cause of that be what it may, which is the most frequent cause of scurvy; and, perhaps, it will not be doubted that it may also be the result of the constant evacuation of the saliva which is occasioned by the substance and the smoke of tobacco coming continually in contact with the excretory organs, and the organs destined to filtrate it.

We can, it is said, easily recognize a sailor by his peculiar odor, by the state of his mouth, by the brown color of his teeth, and by his fœtid breath; but are not the greater number of smokers in the same situation as the sailor?

It is necessary to the preservation of the health to wash the mouth, and to clean the teeth every time that one smokes a pipe or cigar, for the smoke, as a foreign substance, as much as by its intrinsic property, excites the gums; hence, the formation of tartar which accumulates around the teeth, which tartar, by the fœtid odor peculiar to it, united to that of the tobacco gives a disgusting appearance to the mouth of negligent smokers, that causes nice and cleanly persons who meet with them to recoil with a shudder at a sight of it.

QUACKERY AND HUMBUGGERY.

BY DR. W. A. ALCOTT.

No one who loves his neighbor as himself, will consent, except under the most pressing necessity, to expose his neighbor's errors; but will greatly prefer to conceal them. And yet, whenever that neighbor has been so incautious as to expose *himself* to the full gaze of the public, it can hardly be deemed a violation of the golden rule, to speak of what he has himself made known, and to make such comments as the cause of truth and the nature of the case may seem to require.

On looking over the Christian Citizen for June 8, 1850, I found appended to an advertisement of Dr. (†) Corbett's sarsaparilla, the following recommendation from the Rev. Mr. Taylor, frequently called "Father" Taylor, of Boston, which I must copy entire:

"Boston, Feb. 16, 1850.

"Messrs. E. Brinley & Co.:—Gentlemen, the effect of Dr. Corbett's Concentrated Syrup of Sarsaparilla upon John Davis, sexton of the Mariner's Church, over which I am pastor, I am happy to state has proved most signally efficacious and potent. At the time he commenced taking this efficacious preparation, he was in a

very feeble state of health, with alarming sores upon different parts of his body. After using this medicine awhile, he rapidly began to improve, and is now in a comfortable state of health. The sores having since healed, with which he was long afflicted, although his life was long since despaired of

To Dr. Corbett's Concentrated Syrup of Sarsaparilla I conscientiously attribute his restoration to health. Therefore, to all those who may be suffering from any impurity of the blood, I would say I consider Dr. Corbett's Sarsaparilla always to be relied upon in our efforts to secure health; and surely I know it will be found an economical and safe medicine for seamen and others for the various complaints for which Sarsaparilla is recommended.

EDWARD TAYLOR,
Pastor of the Mariners Church, Boston.

Let us now see whether it is quite certain that Mr. John Davis, was cured by the medicine to which Father Taylor refers.

It appears that Mr. Davis was feeble, and had "alarming sores upon different parts of his body;" and that after taking the "medicine awhile," he "rapidly began to recover." It appears, moreover, that the said Mr. Davis's life had at some time or other been "despaired of;" but that in February, 1850, he was "in a comfortable state of health; the sores having long since healed."

But *how long* he took the medicine; *when* it was that his life was despaired of; and *how long* it was after he took the Sarsaparilla before his sores healed, and he began to enjoy good health, does not exactly appear. The expressions "awhile," and "long since," are indefinite, if not equivocal. Nor are we told how much medicine the patient had taken before he used the Sarsaparilla. If Sarsaparilla is so "potent," how do we know but something still more potent which he had taken just before, began a work of cure, which the milder Sarsaparilla did not retard? Or how can we know that the free use of other medicines (alias poisons,) before he began upon the Sarsaparilla, had not kept up an irritation which nature could not overcome—but which she found herself able to subdue when all medicine was taken away except Sarsaparilla? Is it not well known that after people have been for some time afflicted with sores, the system appears to be cleansed by them, and they gradually disappear? And is there anything in the term "awhile," which Father Taylor uses, to forbid this supposition in the present case?

But waving this part of our subject for the present, and admitting (what however I do not see the slightest reason to believe,) that Mr. Davis was really cured by Dr. Corbett's Sarsaparilla; by what rule of logic or good sense does Father Taylor make the inference that what cured John Davis will cure every body else who may be suffering from any "impurity of the blood"? True, he does not quite say he believes it will actually *cure* everybody; but he "con-

siders it always to be relied upon in such cases," which amounts to nearly the same thing.

I might speak, in passing, of the gross error of talking about doctoring the blood for its impurities. I might show to the plainest understanding of all who believe that the blood is constantly wasted or used up, and as constantly renewed from food, drink, &c., that all which is said now-a-days about purifying the blood, directly, by medicine, is sheer nonsense—that you might as well think of changing the character of the waters of the Connecticut or the Hudson (had we medicine enough to apply in the case,) by changing their contents of to-day, when their banks will inclose an entirely new body of water to-morrow, as to think of changing the character or qualities of the blood in a similar way. But I will not stop now to do so. I will only point my readers to the gross absurdity of Father Taylor's inference. He says, "therefore, &c." But wherefore! On account of what? Why, when fairly interpreted into plain English, he must believe neither more nor less than that since John Davis was cured by a particular medicine, it can be relied upon to cure every body else whose blood is impure.

Need I say here, that even admitting the sanitary power and properties of medicine, no two persons need exactly the same treatment. And that if medical science is to be relied on, especially as it is taught by the most orthodox schools, Father Taylor's reasoning would be more correct had it run thus; *therefore as the said medicine cured John Davis, it would be quite unphilosophical and unphysiological to rely upon it entirely in any other case.*

But I must close these remarks, again regretting their necessity. But such necessity certainly exists. Nostrums are got up, tried by thousands, and in a superficial view appear to cure one in a thousand, or ten thousand. As for the hundreds or thousands who are not affected much for better or worse by them, of course we hear nothing. And as to those who are destroyed by them, why "the dead tell no tales." But when, as I have said before, one in a thousand or ten thousand appears to be cured by them, why some favored or favorably known individual is solicited to recommend them—such as Father Taylor or President Hitchcock. Their recommendation is trumpeted by means of newspapers and handbills through the length and breadth of the land; and while it puts thousands, if not tens of thousands, into the pockets of those who vend the medicine, proves the occasion of destroying more lives than the greatest physician ever yet cured. What else, then, can the friends and lovers of truth, nature, and science do, but protest against it!

THE PRINCIPLES AND PRACTICE OF THE WATER CURE POPULARLY EXPOUNDED.

BY ROWLAND EAST, SURGEON, DUNCAN, SCOTLAND.

8vo., 231 pages—*Published in Edinburgh.*

We welcome the above work as a *present* from the *author*, and esteem it as a valuable acquisition to our hydropathic library. We wish through the W. O. J. to *thank* him for his *generosity* in

sending us a copy; and further, to *welcome him* as a co-laborer in the glorious enterprize which has for its object the relief of human suffering, and the physical improvement of our degenerate race.

This work is written in plain and concise language; yet the *author is bold, vigorous, and fearless*, in the expression of thought, and manifests *intense earnestness* in the great objects for which he toils, as the following quotation from page 7 of the preface will show:—

"Many faults in style, many inappropriate illustrations, will perhaps offend the taste of the reader; but this is of no moment; let him rather go to the bed-side of suffering man, and *test the doctrines* there. If they teach him how to arrest disease, the eloquence of Tully, and the taste of Quintillian, would not enhance their value at such a tribunal; if they fail there, the genius of those great masters of the art of persuasion could not preserve them from contempt."

The author takes up the different forms in which water is used, both internally and externally, and treats of its effects upon the constitution with *marked skill and ability*. He evidently comprehends the *great principles* which lie at the basis of the Water-Cure. We quote the following in point:—

"The physician ought ever to have before him a definite plan of action: the hydropathist who neglects it has no excuse; he is not led away, as is the drug practitioner, by multifarious remedies, nor is he mystified by the varied theories of the schools. His theory of disease is simple, his path plain and direct, and his agent one. To neglect, therefore, the minute study of phenomena, or to apply the resources of hydropathy *without regard to design*, is worthy of the *severest rebuke*. It is an act of the *greatest temerity* to commence the practice of the Water-Cure without sound and extensive *medical knowledge*; for it requires the exercise of a judgment matured by constant familiarity with disease to decide upon the administrations *even of water*."—p. 9.

He is not a stranger to the numerous difficulties and varied perplexities that encompass the practitioner of the hydropathic art; with them he has evidently had a familiar acquaintance. He says:—

"We are not of those who rashly assert that water cures all diseases, or that its effects are miraculous. Patients enter our establishments with the most extravagant ideas concerning its efficacy. Many that have set at defiance all the laws by which the animal economy *ought* to be governed, and have become victims to diseases which have continued unmitigated for a series of years, expect a cure in a few days or weeks. A healthy body does not fall, like the statue of Diana, from the clouds, but is built up by a series of processes, which demand experience, skill, and time."—p. 12.

In speaking of "the temporary depression" by the application of cold, and the *law of reaction*, he holds the following language:—

"The secret of proper hydropathic treatment is the adjustment of these two influences. It is ours to ascertain how far to depress, and how far we can calculate upon reaction.

"Too much emphasis cannot be laid upon this *great power of reaction*. When the brain receives a shock from grief, terror, or a bludgeon, it is this that restores it to consciousness; when a man has wandered in the snow, or fallen into a river, it is this that calls up the dormant and dying powers of vitality. * * What it is, how it works, we know not; but it is a *law* as sure as the *tides*, and as much to be depended upon as the *sunrise*."—p. 20.

In relation to foot and hand-baths, he has the following:—

"The reason why we apply cold to the hands and feet is not only that the subsequent reaction may act as a derivative from other parts, but because there is a very important network of nerves located in them, on which cold acts as a *sedative*, and which is communicated by sympathy to the brain."—p. 21.

The truth of the last remark we have many times verified in our own person. When our brain has been overtasked, and sleep not to be wooed to our couch, a cold foot and hand-bath has produced such speedy and happy effects upon the brain as to enable us to fall asleep, when, had we not resorted to such treatment, hours of wakefulness would have been the result. How infinitely preferable this treatment to nervine, laudanum, opium, or morphine. The former produces no nausea, headache, or other distressing symptoms, while the latter often induces these, and many other more serious results.

In relation to the eye bath, he says:—

"It should be borne in mind that it is bad practice to apply very cold water to an inflamed eye. A late notorious hydropathist in Glasgow, applied ice on one occasion to one of my patients, and increased the inflammation to such a degree that it nearly destroyed the sight."—p. 21.

Now we have doubt but this would be the result if the ice was applied *too late*, or if reaction were allowed to become *perfect* before a renewal of the application was made, since alternate relaxation and contraction of the blood vessels would be ultimately injurious, as the congestion would be increased in proportion as the vessels became exhausted by violent efforts. But if the ice was constantly applied in the *primitive* stage of the disease, and reaction not allowed to become established, we have no doubt of its *perfect and entire* success. We ourselves have been subject to attacks of inflammation of the eyes, and were formerly treated with cupping, bleeding, and cathartics, with not very happy results. One year ago we had an attack as the result of influenza, and ice was constantly applied in a linen sack for six hours; then ice-water, and cold water, and then *tepid*; so that reaction was not permitted to come on with any severity, and in twenty-four hours all symptoms of inflammation

had abated, and we could use our eyes as usual. Our philosophy is this: *make a powerful and continued impression upon the blood vessels and nerves; but let reaction come on no faster than the blood vessels regain their organic energy.*

He has some excellent remarks upon the use of the wet bandage. Gives some good practical rules for its use. The philosophy of its use he clearly explains in few words.

"As long as this bandage continues over the abdomen, so long are the capillaries relaxed, the current of blood is setting in from the great abdominal blood vessels toward the surface, thereby the congested organs become relieved of a portion of their load, and being thus set free, perform their functions more naturally," page 27. He says on the abuse of the abdominal bandage: "If too great action is kept up, especially in the epigastric region, the current of the circulation will set too strongly, and the powers of the stomach will be considerably reduced, digestion will be imperfect, and dyspepsia and flatulence ensue," page 29. Of the truth of this statement we have no doubt. Constant counter-irritations in this manner may take too much blood from the deeper seated vessels, and thus lower the vitality of the internal organs. It is a well-known law that whenever an organ is active, more blood is required in that organ. Hence, where the digestive powers are feeble, it is doubtless better in many cases to remove the girdle sometime before meals and leave it off some time after.

He answers the question which is so often asked, how can you act upon the internal organs by external applications? He says, "We retain great power over the body by perpetually operating upon the great abdominal organs. In one sense the hydropathic art resembles some of the operations of nature, we endeavor to render it as ceaseless in its operations as the disease itself. We do not act by fits and starts, producing violent effects at great intervals of time, but as long as the disease is in operation, we aim to keep up a constant antagonism; when our major operations are over we do not withdraw the curative agent, but allow it to work; such treatment is unsafe with drugs, but it is our great safeguard, hence we continue the wet compress, sometimes during the entire day and night, when the amount of irritation warrants it," page 28.

In relation to the simplicity of the application of the wet compress, and the seeming inability of its being able to accomplish any decided results, he says, "All nature, history and art, bear their united testimony to the *astounding* difference between the *magnitude* of results, and the *simplicity* of causes. He who knows not this, knows nothing; and the laws of evidence will be expounded to him in vain," page 31.

Glen Haven, N. Y.

S. O. GLEASON.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 9.

EGYPTIAN MEDICAL COLLEGE.—As we have before mentioned, the Egyptian priests had four

great medical schools, which were the resort of all who wished celebrity or desired information. It is probable that theology mixed considerably with medicine, and that a difference of sectarian views occasioned a diversity of schools. As each college had its own theory, its students assumed a certain importance, in consequence of supposing themselves able to explain the *causes* of the phenomena that occurred in nature and in the practice of medicine.

EMPIRIC, NAME FIRST APPLIED.—These colleges had also a kind of fellowship, which took its rise from the students being educated in the same school, which led them to promote the interests of their fellow students, and to look with contempt on those who, instead of having been educated in these public institutions, derived their knowledge from domestic sources, and were, therefore, branded with the title of *empirics*, or *mere practical men*, who were unable to explain the *causes* of the things, with whose combination and application they only were conversant.

The writings of Galen having, for several centuries, been considered the sure and permanent foundation of medicine science, the opprobrious title of empiric (or mere practical man) could only be bestowed on a few individuals who practiced particular parts of surgery, which the clerical physicians of modern Europe thought below their attention, or such as would defile their hands.

LUTHER AND PARACELSUS.—The close of the fifteenth century gave birth to two men who were destined to produce great alterations in the employments of the clergy. These men were Luther and Paracelsus. The one brought his hammer into play on the religion, and the other on the medicine of his day; and, at least, an equal convulsion was effected by each. Although both wrote much in Latin, yet the common vernacular was not neglected, as among the unlearned as well as the learned they wished to disseminate their opinions, both being convinced that the errors against which they wrote were so deeply rooted in the minds of the generality of the profession, that all hope of their voluntary abandonment was in vain, and the only chance rested in the compulsion induced by the voice of an enlightened public. The public, as was expected, took part, and that energetically, and the great majority warmly espoused the cause of Paracelsus; and his followers were not only looked up to and revered, but their opponents ridiculed and despised.

FIRST QUACK DOCTOR.—We will give a sketch of the life of this extraordinary man, whose labors did so much to overthrow the Galenical theories; more especially as it will show the state of medicine in his day. Whether he pretended to more than he himself believed it is hard to determine, but that he was one of the most energetic and persevering of men cannot be denied. The English writers class him as the first great quack.

LIFE OF PARACELSUS.—Aureolus Philippus Para-

celsus Theophrastus Bombast de Hohenheim, was the son of Wilhelmus Hohenheim, a learned man and licentiate in physic, who although of but little practical experience, possessed a noble library, and was a man of some distinction, being a natural son of a master of the Teutonic Order.

HIS BIRTH AND EDUCATION.—The subject of our memoir was born in 1493 at Ensiedlen, Switzerland. The name of the village he was born at signifies a desert, from whence Erasmus gives him the title of Hermit. He was a perfect hater of womankind, which is ascribed to the fact of his having been mutilated by a sow at the age of three years, and thus been made a eunuch. His father took the utmost pains in his education, and he soon became proficient in physic and surgery, but as he grew toward riper years he became captivated with the study of alchemy, to cultivate which his father committed him to the care of Trithemius, abbot of Spanheim, a man of great renown, from whom, having learned many secrets, he removed to Sigismund Figgens, of Schaarts, a famous German chemist, who at that time partly by his own industry and partly by a multitude of servants and operators retained for the purpose, made great improvements in the art. Here he studied with great diligence, and applied for information to all the eminent masters, who concealed nothing from him, so that he became, as he himself informs us, the embodiment of all secret alchemical knowledge.

HE TRAVELS TO OBTAIN KNOWLEDGE.—Not yet content, he journeyed to all the universities of Europe, where he sought knowledge not only of their professors, but also indifferently to physicians, barbers, old women, conjurors, and chemists, both good and bad, from all whom he gladly picked up anything that might be useful, and thus enlarged his stock of sure and approved remedies. He learned from Valentine's writings the doctrine of the three elements, which, concealing its author's name, he adopted as his own, and published under the name of Salt, Sulphur, and Mercury.

FINDS THE PHILOSOPHER'S STONE.—In the twentieth year of his age, after making a visit to the mines in Germany, he traveled on to Russia, where being taken prisoner on the frontiers by the Tartars, he was carried before the Khan, and afterward sent, with that prince's son on an embassy to Constantinople, where, in his twenty-eighth year, he tells us, he was let into the secret of the philosopher's stone. He was also frequently retained as surgeon and physician in armies for especial battles and sieges. He set a high value on Hippocrates, and the ancient physicians, but despised the scholastic doctors, and above all, the Arabs. He made great use of remedies prepared of mercury and opium to cure leprosy, syphilis, itch, and slight dropsies, which, to the Galenical physicians of these times, who were ignorant of mercury and afraid of opium, as too cooling, were utterly incurable.

HE BECOMES CELEBRATED.—By these cures he

daily grew more celebrated and daring, especially after recovering the famous printer Jerohemus of Basil, whose case appears to have been a violent pain in his heel, which, upon Paracelsus' treatment, moved into his toes, so that the patient could never stir them afterward, though he felt no pain, and in other respects grew well, but soon after died of apoplexy. By this means he became acquainted with the great Erasmus, and so highly esteemed by the magistrates of Basil that they made him professor in 1527, giving him a large salary to teach philosophical physic two hours every day. It was at this time that, seated in a chair, he burnt, with great solemnity, the writings of Galen and Avicenna, and told his auditors that so determined was he in search of knowledge, "that he would even consult the devil, if God would not assist him!"

NUMBERS OF FOLLOWERS.—At Basil he procured many disciples, with whom he lived in great intimacy; three of these he maintained altogether, and instructed them in several secrets, though they afterwards ungratefully deserted their master, wrote scandalous things of him, and administered without any discretion the medicines he had taught them to the great injury of their patients. He also retained many surgeons and barbers in his own family, whom he faithfully instructed, but many of whom turned his enemies.

INFAMOUS TREATMENT.—While residing at Basil he cured a noble canon of Lichtenfels, who had been given over by his physicians, of a violent pain at his stomach, with only three opium pills. The sick priest had promised him 100 French crowns for the cure, but finding it so easily effected refused to pay, alleging, with a jest, that Paracelsus had given him nothing but three little balls of mice excrement. Upon this Paracelsus cited him before a court of justice, where the judge not considering his skill, but only the labor and quantity of medicine, decreed a trifling gratuity, which verdict so exasperated the doctor, that he loaded both the canon and judge with reproaches of ignorance and injustice; thus rendering himself guilty of contempt of court, and capping the climax by haughtily, and without ceremony, leaving their presence. For this he had to flee from the city, leaving his splendid apparatus behind him. Driven to desperation at this sudden termination of his hopes of fame and fortune, he wandered from place to place, performing many astonishing cures. He is said to have lived afterwards a dissolute life, and finally died after a few days illness, in 1541, at a public inn, in the town of Strasbourg.

HIS CHARACTER AND QUALIFICATIONS.—He was undoubtedly the best surgeon of his time, and perhaps one of the best physicians. Carpi, of Boulogne, and himself, were the only ones in his day who employed mercury. "No wonder," remarks a medical writer, "that Paracelsus attained an exalted reputation; for medicine was then in a low condition, the practice and even language of it being Galenical and Arabian. Hippocrates was not read; there was no edition of

his writings, and scarcely was he ever mentioned. The theory of his day consisted in a knowledge of the four degrees, and the practice was entirely confined to bleeding, purging, and vomiting."

NOTICE OF VAN HELMONT.—Van Helmont, who was born in 1577, and soon became celebrated for the information he had acquired by extensive traveling, lent his influence and teachings to the opponents of the Galenists, whose absurd hypotheses and inert practice he despised. He ably assisted in the reformation of medicine, although he substituted chemical views equally assumptive and unfounded, which, answering their purpose for a time of exciting observation to the matter, have long since passed into oblivion.

RISE OF THE TERM EMPIRIC.—The Galenical physicians, who were nearly all members of the clerical professions, seeing their practice and opinions fall into disrepute, were led, as a means of self-preservation, to organize themselves into colleges, and attempt to stop the progress of chemical medicine, as it was called, by refusing licenses to those who were infected with a zeal for improvement. For this purpose, examinations into the qualifications of candidates were instituted, and those disapproved of were rejected, and their characters attempted to be destroyed by naming them "mere lewd empirics."

DISCERNMENT OF THE PUBLIC.—The public, however, saw through the whole matter, which was, indeed, kept pretty constantly displayed before them by the "lewd empirics;" and in England this undue exercise of authority (for the Galenists had the law on their side) was withstood by the subterfuge of selling medicines, instead of prescribing them. In France, the chemical physicians availed themselves of a privilege possessed by the king's first physician of admitting an indefinite number of physicians extraordinary to the king, who were allowed to practice wherever there was a palace, and even in Paris, without the necessity of a licence from the medical faculty.

GREAT PLAGUE OF LONDON.—From 1520 to 1665 the opprobrious term empiric was mostly used to denote physicians of the Paracelsian school, many of whom, although thus branded by the college as lewd and unlearned, were fully equal, and often superior, in science, to their detractors;—Dr. John Dee, Dr. Francis Anthony, Dr. Penny, and several others, were glaring instances of this. The great plague of London, which happened in 1665, gave the people a good opportunity of judging between the moral qualities of the two sects, for the Galenical physicians, with the exception of Dr. Wharton and three young candidates, all left London, while the chemical physicians boldly braved the disease, and spent every effort to withstand its ravages: but as the number of these was small, the apothecaries were also called upon, who thus made their first attempt at practicing by necessity, and, finding the profits considerable, refused to give it up, even after the runaway doctors had re-

turned. In consequence of this conduct, the term empiric was applied also to them.

EMPIRICISM LEGAL.—Despite popular feeling, the courts of common law supported the monopoly of the older physicians, and allowed them to prosecute such of these dispensing practitioners as, from the extent of their practice, had become obnoxious. At length, in 1721, Mr. Rose, an apothecary who had been cast in a prosecution for practicing physic, boldly carried the case to the House of Lords, and obtained a decision in his favor, and thus the sale of medicines to a sick person in England, without a physician's prescription, was ever afterward rendered legal. The term empiric now underwent a new signification, and was only applied to nostrum dealers.

MISAPPLICATION OF CHEMISTRY TO PHYSIOLOGY.—If we except the Hippocratists, and the sect of Methodists founded by Hermston, about one hundred years before the Christian era, who attributed disease to the contraction and dilatation of the solids in the body—the humoral pathology was that which prevailed from all antiquity, and just in proportion as notions were obtained of the chemical and mechanical forces, so were these notions applied to physiology and the causes of disease, and made principles to found plans for the restoration of health. However, about the beginning of the eighteenth century, it was perceived that life was regulated by motions peculiar to itself, and required corresponding views of health and disease. There was now a fair prospect of a more legitimate system of reasoning being established, but this was retarded by the teachings of Boerhaave.

HERMAN BOERHAAVE.—This celebrated character was a man of uncommon capacity, great erudition, and indefatigable industry, a zealous and honest searcher after truth; yet from habitual application to his favorite study, chemistry, suffered himself to be deluded into a most fallacious train of reasoning. He delivered his system in language so imposing from the important position of the Chair of Medicine in the Leyden University, that for fifty years his doctrines prevailed in the schools of Europe: and, as a writer remarks, it is astonishing and humiliating to think how the assent of an enlightened age could ever have been won over to a body of doctrine at once so puerile and shallow.

BOERHAAVE'S THEORY OF DISEASE.—He supposed inflammation to consist in an unhealthy thickening of the blood, which thus impeded the course of the circulation in the smaller vessels, and that all that was necessary to relieve that state was the exhibition of diluting drinks. Hence the use of the terms attenuant, diluent, &c., which are yet retained in medicine. He accounted for various other diseases by supposing the presence of acrimonious secretions in the blood, and they once got rid of, health would return. The absurdity of these views must be evident to any one who has carefully perused the third article of this series; for it is evident that unhealthy secretions must be the product of unhealthy actions

of the glands that form them, and that were it possible to wash away all that could be formed, as long as the organ worked morbidly the disease would remain, and therefore all treatment should refer to the solids, as they once operating properly, there are various means of excretion by which the body could relieve itself from all substances whose presence would occasion trouble

CONSIDERATIONS FOR COMMON FOLKS—No. 4.

BY DR. J. C. JACKSON.

The Water-Cure revolution is a *great* revolution. It touches more interests than any revolution since the days of Jesus Christ. Think me not extravagant. It is true. It combats greater evils, contemplates greater benefits, and will produce more ultimate good than any social, political, religious or medical change in the habits, opinions, thoughts and actions of men, than has come within your knowledge either by reading or observation.

Few persons look at it in its legitimate bearings. They see not its destiny. They know not the gradual yet mighty change which it is working, and is to work, in the aims and position of the human family. The most of persons as yet look at it as a *humbug*. Others look at it very favorably, but at the same time think it not much superior as a means of restoring or preserving health, to the old medical administrations. Others think it preferable to all other *medical* means, but suppose its value chiefly to consist in its applicability to *diseased* states of body.

For one, I look on the movement in a broader light. It is significant to me and worthy of high consideration because it is efficient in restoring to health diseased organisms not only, but also because it can, and should, and will be used to keep healthy organisms free from disease. It teaches physiology, pathology and therapeutics of the *divine* kind to the people. It is the only medical philosophy that applies itself with ease, precision, and in understandable language to *common folks*. It is the only remedial agent in the universe of which I have knowledge, which at the same time that it is potent to rectify ill states of body, is entirely genial in its influence on the healthy man. Is this not true? Let the advocates of any other medical school than the hydropathic, give the contradiction to this statement if it is not correct. What drug from the bowels of the earth, what extract from a plant, what syrup, what juice from shrub or tree, what article indifferent in its effects on the system, or what deadly poison can be administered with such blessed results to the sound and full in health as water! It makes the sick man well, it keeps the well man from becoming sick; and it is the only *medicinal* agent that can do this latter thing. Do you not all recollect the epitaph on the gravestone of the medicine taker:

I was well, wanted to be better,
Took physic and died."

That is the story "*well* people" tell of drugs.

But who shall tell *that* tale of good, pure, bright water! True, water injudiciously applied to a person in health may be injurious, but then between it and all other medical agents there is this great difference, this has a sphere where its application to people in health is judicious with a view to keep them in health, drugs and medicines have no such sphere. One who is not sick, cannot take drugs to keep well. To do so is to make him *sick*. They disturb the economy, throw it off its balance, make its distribution of vitality unequal, raise up conflicts amongst the different departments, overtax one class of organs, relax another class, stimulate certain parts, debilitate other certain parts, and make a confused medley of what was a little while previous orderly and congruous, as one can well imagine. A man, as a general thing, plays the foolish when he takes allopathic drugs when *sick*, he *cannot* act more unwisely than to take them when *not* sick. But I shall speak more at length in another place of the hygienic virtues of water. My object in this article is to call attention to the subject of *Water Cures*. I shall speak plainly, just as plainly as though I was not a Water-Cure Physician engaged in the application of the agent for the cure of disease. If in uttering my ideas, exceptions are taken, no complaint shall come from me. What is truth to me will be spoken, regardless of doctors, associations, or schools. If what I say shall appear *untrue* to others, I am content to let time and investigation settle the matter.

Water-Cures are springing up all over the land. They are being, and are to be, conducted by men of all grades of talent, as well those who will do no honor to the profession, as those who will honor it. They are built, and are to be built, on plans and after models, that shall make it a pleasure or a task to dwell in them. They will have good water and plenty of it, or poor water and of deficient quantity. They will cook and serve up good food, or their food will be poorly cooked and with great irregularity as to time and amount. These things *will* be. Now it is only just that you, and the public at large, should make *proper* distinctions. The man of fine attainments and aptitude for his duties, should not be judged in the light of a poor dolt, who know nothing of the science or the art which he attempts to practice. The man of large acquaintance with men and things, who has seen and read men as a student his book, should not be set down in your estimation on the same level with a narrow contracted, half educated man. This reform, as I have said, is the people's reform.

It belongs to you, therefore, to protect it from unjust judgments, and *that* judgment most of all from yourselves. Now, nothing is more common than for a man or woman to go to a Water-Cure, and stay but a few days, and take a dislike to "*the board*," as he calls it, the bath attendant, the business man, the doctor, and in a pet leave, and for a hundred and fifty miles rail out an untold amount of slander against *all* Water Cures.

One would think that the fellow had visited all the Water-Cures, and had found them all alike. This is *unjust*. If one does not like Glen Haven, do not let him curse New Graefenburg; or if he likes not New Graefenburg, do not let him curse Glen Haven. The best of cures have sins enough of their own, without being held responsible for each other's failures and imperfections.

I have my own *ideal* of what a Water-Cure *should* be, and when I am at the head of a good one, as I hope another season to be, my exertions will be all put forth to *realize* that ideal. 1st. A Water Establishment should be in the country, and a few miles from a village. The reason for these requisitions are pure air, which is seldom found in cities, and opportunity to adopt and follow the laws of life and health. Villages ape cities, cities are conventional, artificial, and full of false habits and customs, which have the authority and sanctity of a divine injunction. Every day attests this truth. Arrangements are entered into, and customs established which are condemnable on the score of propriety and good taste, which neither physiology nor a love of the beautiful can justify. Yet they only need the endorsement of some few persons and forthwith they are seen walking the streets in full canonicals, and pass from the sphere of general contempt to that of general adoption.

This is remarkably true of the dress of *females*. True, the mode of dress for men is lacking in taste—it is bungling and coarse, but it was not particularly on the physical structure. The dress of woman does. It is not pretty in itself, and what is vastly more to be deplored, it robs the wearer of all prettiness. The freshest peach-blossom hue, that ever sat on the cheek of a girl of fifteen, it will make to fade, and, in its place, put a chalk-moth that shall look as if the face had been daubed with lime marl. It cramps the chest, crowding the lungs and heart into a smaller compass than by any means they can healthfully occupy; thus afflicting seriously the respiration, the circulation, and oxygenation of the blood, laying the foundation of dyspepsy, consumption, scrofula, undue determination of blood to the head, &c. It acts to produce a mechanical displacement of all the organs in the abdominal cavity, pressing down the intestines, the uterus, the bladder, compressing severely the liver, sinking the whole of them into the pelvis or basket of the hips, and thus producing prolapsus uteri, prolapsus ani, irritation of the bladder and the urethra; and reflectively the kidneys. It hangs such weight on the spine as to aid greatly in its distortion, and in very many instances insures it by the weakening of the muscles of the back and hips, under the undue heat to which these parts are subjected.

When, in addition to this, it is remembered that dress for females is so constructed as to secure the inferior extremities but very slightly from cold, their dress serving, when walking in a wind, oftener as a parachute than anything else, it is easily seen why woman is diseased and dies. It needs only dress that shall cramp the chest,

thus impeding respiration and the free action of the heart, plenty of heavy clothing about the hips, so as make undue weight and warmth, and cold extremities from want of proper clothing, and death will laugh as if you had made him presiding officer of the domestic arrangements of a people. He knows the grave with its shark's mouth will not yawn for emptiness. Its maw will have its fill.

Of the diseases of females, dress is a predisposing cause of many, a proximate cause of some of them. A very large proportion of the cases of prolapsus uteri which come to my knowledge are powerfully aided in their production and cure by bad or good styles of dress. The mass of clothing which, in fashionable circles, hangs on the hips, gives too long continued tension to the muscles of the parts, till the reactive or contractive power is lost, and a general abdominal falling takes place. Skirts are girded above the hips, which severally weigh from three to four pounds, so, that it is not uncommon to see young women carrying in the winter season not less than ten to twelve pounds from morning till night, day after day. The same is true of married women, and in some instances this is carried on under most aggravating circumstances.

Till one tries it, or sees it tried, he knows not what great collateral force in the cure of this specific ailment—Prolapsus Uteri—is to be found in dress. For one, as a physician, I would on no consideration undertake a case, and become responsible for it, the patient wearing *during her walks*, or if very feeble, in the house, heavy skirts hanging for support from the hips or shoulders. Shoulder-straps attached to skirts, make falling shoulders, narrow chest, compressed lungs, imperfect respiration, deficient circulation, bad digestion, and a general thrusting or falling down of the contents of the abdomen to a degree that creates a mechanical displacement of the whole viscera. Now, in many cases of falling of the uterus, walking becomes impossible, standing on the feet is very painful, sitting erect for any length of time becomes unbearable, yet the dress is kept on, and the agony endured, rather than to appear singular. In cases of this kind whether more or less severe, *present style should be instantly abandoned*, and a light frock dress for the *worst* cases, and flowing *short* frock, with pants and waistcoat conjoined, so that the weight of the pants should fall equally on the whole trunk, for all that *can walk*, should be substituted. No separate skirts either cottoned or corded should be put on the body, but this frock and pants should be made of material thick enough for warmth, as it may be used for summer or winter.

Habited in this, let your sick one get out into the open air and commence her rambles. Whatever distance, in the old or common style of dress, she may be able to go, she can easily double the distance at first, and, after being accustomed to it, will quadruple any distance which, under the same state of health, she could walk in the long gown and heavy skirts.

Convinced as I have been for years of the great

fully which women commit in the matter, and of the serious difficulty which is to be found from it in attempts to cure this and many other female ailments, I besought one of my partners, a lady, to get up a *walking dress*. She did so; and from being able, in her accustomed habit, to walk two or three miles, she soon became able to walk nine, ten, or eleven miles at a jaunt with less of actual exhaustion. Our patients (females) generally have the good sense to follow suit, and they are as much surprised as you will be, perhaps, who read this, at their superadded ability to make foot excursions—some walking from five to twelve miles over our hill-sides, and showing themselves capable of enduring as much labor as our patients of the other sex.

If dress has as much to do in the matter of cure of women who are diseased, as I have affirmed, and endeavored to show, then the reader can see the necessity of a rural location for a water establishment. With no desire to speak disparagingly of the female sex, truth bids me say that, as against public opinion, women are *cowards*; no more so than men, only in so far as they have had less opportunity to measure the strength of said opinion. But with all their habits and notions unchanged, with their ideas as crude in relation to the laws of their organization as when they enter a Water-Cure, it seems to me, however great the necessity, or however deep their conviction of the necessity of wearing a dress such as I have described, they could not be induced to do it where they would be likely to come into contact with masses of men and women who would stare at them, laugh, and talk, and gossip about them; hint that those who could wear such dress were no "better than they should be," &c. They would die before they would adopt it. They do die daily, or prepare the way to die, because they do not wear such dress and live such life as great Nature prescribes. They do not love life as I do, or for *health* and the glorious blessings which it scatters, like leaves from the tree of life, they would willingly wear sheep-skins for garments, were it needful. Oh, health! divinest of all the messengers that gather about physical man, what stores of enjoyment thou hast for those that love and honor thee! A ruby cheek, a heart beating in its strength, blood that flows to the smallest capillary, lungs that heave and play with delight, muscles that are strong, eyes that are keen as eagle's, senses and sensations all perfect, a brain that acts evenly, a nervous system that communicates truly, a soul that is proud of its home, sleep that is sweet, appetite that is wholesome, action that is useful—these are *some* of thy gifts to thy loved ones. I woo thee most earnestly; I crave the laying of thy hand on my head. No neophyte to the priesthood ever longed for his consecration as I do to know that I am of thy chosen. I will work, live plainly, forego ambition, and cease to clutch after prizes which, like apples of Sodom, perish in the hands of the grasper, if thou wilt but bless me, and promise me a place on thy bosom for a pillow, O health!

Another important consideration, relative to Water-Cures, is *food and diet*. The mere on-looker knows little of the tasks which await the proprietors and conductors of a Water-Cure—each day. The arrivals and departures make their task a never ending one. To attempt restoration to health of those who have done much to derange themselves by bad eating, without taking cognizance of their diet, is to harness one's self to the work of Sysiphus. Regimen in a Water-Cure, over the sphere of food, is no less important than the appropriate application of water. In fact, to cure the sick by Hydropathy, leaving out considerations of diet, is as foolish and fallacious as to cure by diet, using no water. In either case, it is "playing Hamlet, with Hamlet left out." The table is an essential fact. It meets the patient three times a-day. It is a nucleus around which gathers more than of consequence to the person under treatment than almost any other single thing. It causes more conversation, gives rise to more gossip, is the theme of thought for half an hour precedent to each meal, to an intenser degree than anything else. More curses are muttered, or blessings uttered in the direction of food, than toward any department in a cure. There are reasons for all *this*. The guests at an establishment have been either high livers, whose appetites are so far in the ascendant as to border on the gluttonous, or they *have been* so, till appetite has failed them, and they can be suited with nothing. The richest, highest, and most savory-seasoned food, palls on their taste. They *relish* it not. When, to this, is added the other ill habits to which the sick are, for the most part, addicted, it is discernible to the most common comprehension that the duty of a conductor of a Water-Cure, in the catering for his table, is not small, nor free from arduousness. Hence, all due allowance should be made from either side to the other. Forbearance is needful. Much of the difficulty that arises in getting up food for a Water-Cure might be saved, were the food entirely vegetable, for it is my personal experience, and is daily corroborated at Glen Haven by others, that those who abandon meat soon come to eat easily, and digest well, various vegetables which they could in no wise eat whilst partaking of meat. A mixed diet, partly vegetable, and partly flesh, is a narrow diet, necessarily. It shuts up one to eating more of meat and less of vegetable the longer it is pursued, till at last the meat becomes a staple—the staple article, and, without it, a meal becomes insipid, however well it is gotten up. On the other hand, eating a vegetable diet is directly calculated to fit the stomach, as well as the taste, for a more liberal indulgence as regards variety, and this, of itself, makes it easier to spread a table that shall suit the eye, the appetite, and the digestive organs.

There is very great misapprehension in the minds of those who do not know the order and character of diet at a Water Establishment. It may not be wholly uninteresting to know what the sick at Glen Haven eat. I allude to Glen

Haven because I can speak from actual knowledge, not because it is superior or inferior to other establishments, nor because it answers to my ideal in this respect of what the dietary in a cure should be.

BREAD.—White, fine, brown, or Graham, and corn. **CRACKERS.**—Boston, soda, and Graham. **BISCUIT.**—Soda, and Graham, sweetened. **PUNDINGS.**—Rice, boiled and baked; bread, boiled and baked with fruit; Indian, boiled and baked; bread and custard, baked; *Graham*, boiled; and corn, boiled, made of the Oswego starch. Occasionally, tapioca, sago, and prepared barley. **CRACKED WHEAT.** *Pies.*—Apple, berry, corn, starch, custard, and brother Jonathan. **DESSERT FRUITS.**—Apple sauce, fresh and dried; berries, fresh and dried—except the wild strawberry; peaches, and pears.

VEGETABLES.—Potatoes baked, boiled, warmed with cream, browned on gridiron, without butter; and the sweet English turnip boiled and eaten during the winter and spring months. Beans, green and dried, *boiled not baked*. Pease and string beans, served up without butter. **MEATS.** Beef, mutton, veal, or fresh or salt codfish, or other fresh fish, once a day, except Sundays. **MILK, BUTTER,** as wanted. This gives an outline of the table. It is, perhaps, as good as any other Water-Cure, but at the same time, in my judgment, not as good as it would be *without meat*, and in its place other food. Learned men may talk and quote Dr Beaumont, as to the superiority and ease of a meat diet, but all the data I can gather go to show that—other things being equal—those who eat the least meat at Glen Haven, make the most rapid improvement. So strong are the facts in this direction that they conclude the question with me. No room is left for doubt.

The mode in which food is served up at a Cure has much to recommend it or to cause disrelish. And no excuse can be offered which should justify the matron for habitually or frequently serving up poor food. The Cure that does it ought to die for want of patronage. Whilst there should be taken great care, that the dietary should be conducted in the nicest, choicest manner, it should be regulated on *un-bending* principle. What is good for the guests should be procured without regard to *expense*, if to be gotten; what ought not to be allowed, should be resisted *without compromise*. It is right here, when a physician shows the stuff he is made of; tells us with trumpet-tongue whether he is fit for his station, whether he has dignity and strength of character to make his guests follow his rule or lacks it, and so yields to their clamor. For at *this* point a hard battle is daily fought between the patients and the physician, if he has too large approbation developed on his head, and they, largely and *morbidly* developed alimentiveness. He will trip and cut under, and cater, and palter, and trim his sails to the wind, till they will have him completely in their power. But more of this under the head of *what ought the physician of a Water-Cure to be*.

Among the tasks which are to be met is that of curing some patients, not only of disease which they recognize, but also of a disease which they do not recognize. I mean the use of tobacco, tea, and coffee. For a time no substitute can be found for them. They are *gods* to those who long have indulged their use. Taken away, the poor victims of their appetites are without their guiding genius. Body, soul, spirit have come to acknowledge their sway; and abandonment of them for a time works such ruin as to astonish a stranger and on-looker. Perhaps I can do no better service than to demonstrate the terribly destructive influences of these *drugs*—for drugs they are—on the human body and soul, by an accumulation of facts. It may also relieve this article of some of its dryness.

I once boarded with a minister of the gospel. He was a friend of mine, and I thought I knew him intimately. We had stood side by side in reformatory efforts, sustaining each other in intellectual conflicts, to which we were summoned. He was, as was I at that time, a great coffee-drinker. But circumstances threw us apart, and years elapsed before we met again. And then I became a boarder in his family. Meanwhile I had pretty much quit the use of coffee, whilst he had increased its use. I had been in his house but little while before I saw that he was the victim of his appetite. He was as thoroughly a drunkard as ever a man was, allowing for the difference in manifestations, which drunkenness on coffee and ardent spirits exhibits. He was a revivalist, a "New Measure Man," as was termed in those days, went far and near to attend and conduct protracted meetings, and was esteemed a most *godly* man, and doubtless was, after his standard of godliness. The readers of my articles will recollect the position assumed in a former paper, that the body has vast influence over the mind and its conditions. This, and other cases which I will relate, shall illustrate that view. The first marked evidence of change in my friend, was his taciturnity of a morning, and his unpleasant run of spirit. His was a morose taciturnity. He was cross even in his silence. There went forth from him an *aura*, an atmosphere which enveloped one, and it was exhausting. The serene spirit could not breathe it. It acted on it like carbonic acid gas on the lungs. One struggled mightily to get away from it. His wife sought to escape it—his children felt it on their young hearts, stifling them as a dreamer the night-mare crushing in his breast bone. The charm of life, domestic bliss, hid herself till after prayers and breakfast, when, lo! the thick mists dispersed, sunshine came again, and all went on cheerily till another morning.

Educated to family worship, he would always attend it for the morning before breakfast. It was worth the study of a pathologist to be present. His veneration was in the dust. He cared not for his manner. The Deity was addressed in language not always the happiest, and the intonations were like the grumbings of distant thunder. I could think of no one but Dr. John-

son in one of his sour, morose moods when in company he did not like, yet was forced to endure. It was painful, almost unbearable. When over, he would seat himself at the table, dispatch a blessing as Bonaparte a bulletin after one of his fights—in a sort of Julius Cæsar.

"Veni, vidi, vici,"

fashion, and then for the coffee. Without eating a mouthful, he would drink a full cup—pass the emptied vessel for refill, and then would smile. "Richard was himself again!" That smile! it was the first glimpse of immortality that had fitted across that "poor gospel minister's" face since the light of a new day broke up his slumber. All had been dark as Erebus. Now came the husband and father into play. The wife and children were helped, their slightest wants gratified, and, at the close of the meal, the man was thoroughly devotional. He "returned thanks" in a voice sweet and full of mellowness, and his whole soul went forth in reverential petition to the Most High for all His goodness. His spirit, however, had no self-strength. It knew of no force peculiar to itself. It lived, breathed, and thrived, through the body, and the body had all its energies in two cups of coffee. The ratio of power was coffee, body, soul. Coffee at the head, soul at the foot; beautiful spectacle of a preacher of Christ's "glad tidings." One would like to associate with a man occupying such post, and following such calling, the highest moral bravery, the greatest physical endurance, the loftiest enthusiasm, the subjection of the body to the longings of the spirit to that degree, that the person should rise into the circle of the true *Hero*; whose brow nature should wrap with evergreen, and whose foot-prints time should have hard work to wear out. But in this case there was nothing of all these. This man lived miserably, died before his days were half out, made his wife grey-haired by his increasing petulance, drove his children into the world whilst yet the years on their heads were green, and, where PEACE AND LONG LIFE should have dwelt, sat BARENESS AND MOPING MELANCHOLY, jabbering forth their ill-timed homilies on the grave and hereafter. I could write a book full of such cases, some worse, some not so bad, but all marking the victims with condemning brand, and speaking Nature's love of *Justice*. For, whilst her eyes fill with pity, she brings the lash on the rebel's back, and with a voice none could mistake for other than God's, cries "*thou art a great sinner, thou shalt die!*"

Sip on, then, O drinker! but know that for every sip moments of your life are abstracted from its sum total. Drink! but remember that which is sweet in the mouth may be bitter in its influence. Drink! but be sure that rheums, cramps and agues are hidden in your cup, that, like a serpent's bite, shall poison your very life, and make you wish for the dropping of the curtain and the end.

Now, reader, allowing this to be an extreme case, think what a task one has before him to

cure such a man. The first effort would produce a shock that would make an attendant dream of a strait jacket. In a very important sense, this man was insane. His nervous system was completely subverted. He lived for nothing, loved nothing, thought of nothing after waking of a morning but *coffee*. Once gratified, he could play his part with some degree of credit.

Take a case of *tea-drinking*. I was called last winter in my professional capacity to see a lady who had been for a long time out of health. I was at the house of a friend, snugly ensconced before a good fire in an easy chair. It rained, and snowed, and blowed, and played November and March in conjunction most admirably. I disliked to put on my medical habit and breast such a storm; but the sick woman was a friend of my friend, and I could not well refuse. So, wrapping myself in my Mackintosh, I jumped into a good, snug conveyance, and in twenty minutes was ushered into the dining-room of the gentleman whose wife I was to see.

Warming myself, and assured that my clothes were not damp, I signified my readiness to see my patient. Taking me into a spacious room, with everything in it bordering on luxury, sitting in a large, easy, reclining chair, was a flaxen-haired, blonde, blue-eyed woman, about twenty-eight years of age. She was thin in flesh, and evidently gradually wasting under the progress of her disease. Seating myself by her side, I entered into conversation with her. I found her intelligent on general subjects, with a mind well cultivated in literature and the classics—in short, what I should call—save on one question—a well-educated woman. She evidently had been ambitious, was a great reader, had sat up late at night, and rose late in the morning. I went over her family history, as also her own; inquired into tendencies and predispositions. Found *nothing*. She had no cough; she had sound lungs; she suffered little or no pain; she was troubled with leucorrhœa, and slightly with vaginal prolapse, with want of appetite, and with sleeplessness, with cold feet, and with heat of the head. On inquiring into her diet, I found nothing to condemn very much. Advised some alterations, with a view to relieve her constipation, with which she was also afflicted. She kept her room altogether too warm and badly ventilated, and made no effort to "get well." All these things did not satisfy me: back of them all there was something that I did not yet fathom. She was too white, too blanched; and of a sudden it came to me, that I had not inquired about beverages. "What do you drink?" I asked. "Water!"

"Oh, no!" she replied—"not water! I cannot drink water. Not a particle of water have I drank in three years."

"Why! my dear madam," said I.

"Oh, it is distasteful!—it makes my stomach ache—my head also; and besides, the *thought* of drinking takes away my appetite!"

"What do you drink?"

"Tea."

"Do you drink it strong?" "Oh, no! quite weak."

"Have you any objection to have your girl make you a cup, and let me see her make it?"

"Not in the least," said she. She called her girl. "Polly, make me a cup of tea; let this gentleman see you make it, and bring it into me."

"Green or black?" asked the girl.

"Green." And Polly vanished.

I went into the cook-room. The girl took two ea-spoons' full of old hyson: put to it one cup, or half a pint of water; let it simmer for five minutes; poured it off, without sugar or cream, carried it to my patient. I returned to the room, and she drank it in my presence. It raised her pulse from sixty to eighty-six beats in three minutes. Her eye lighted with animation; her face was much fuller of color. She moved back from the stove, and her tongue was loosed. I was satisfied. I knew the secret foe that sapped her strength. My diagnosis was finished—my prescription was ready. I knew my task, and was equal to it. "Mrs. —, your husband came after me this morning," said I, "and insisted on my visiting you to-day. If I understood him rightly, you concurred in the request he made."

"I did, sir, hearing you were lecturing on Hydropathy at —, and knowing that my friend was also yours, having confidence in you as a man as well as a physician, I was anxious to see you."

"Then, you really wish to recover your health?"

"Certainly, sir! Why do you ask?"

"Because, dear Madam, it is not every one who is sick that desires and wills to be made whole. It costs something to break down a good constitution and good health. One has to lie awake at night, eat improper food, breathe bad air, dress badly, exercise improperly, and in other respects form bad habits, before health will cease to shelter him under her wing. She bears with faults and follies to a very great extent before she casts one forth to his own abandonment. This being true, who ever makes himself or herself sick does it by great violation of HOLY LAW, whose penalties are sure. It cannot be expected that return to law, and pursuit of its dictates will work out the sin, its records, or its results, immediately. Nature's analogies are all against it. One can violate law easily. One can never perhaps repair the effects of such violation. You can be "made well," but you must walk a rugged road. Dare you try! if so, speak dear Madam, and I will prescribe for you." "I dare!"

"Very well. The foundation of all your maladies lies in your tea-drinking. And its power over you is ruinous. Of high, and almost pure nervous temperament, it has acted on you much more destructively than it would have done had you have been of phlegmatic cast. Your nerves have lost their tone, your digestive organs are involved, your brain takes on disturbance from sympathy, and you are gradually wasting away for want of sustenance. You eat but little, digest badly what you do eat, and when the stimulus of your tea is on you, indulge in books. When it is off, you lie in bed or in your easy chair, waiting for artificial strength. My judg-

ment in your case is, that complete change of habits of body, of mind, of pursuit, is called for. Endure all that is necessary to bring it about with what of courage you can, but at all hazards endure it; and in one year you will be well, and in full strength. Fail to do this and you will die."

"But how can I do this? It is only a little while since I came to feel that my life was in my tea, and now I am sure I do not drink it strong."

"O Madam, you are not aware of the strength of your cups. Your sense of taste is somewhat blunted, and your stomach you will find much more involved than you think at present, after abstinence from your present mode of eating shall allow it to recover its tone somewhat. But perseverance will cure you, aided as you can be by the application of water."

She promised, if I would write her husband occasionally, giving information, she would return it, and I then prescribed for her a sheet at 72 Fahrenheit, with hand rubbing over it. Sitz at 10, A. M., 72 with warm foot bath if feet were cold 5 to 10 minutes to commence with. Foot bath at 7, P. M. at 72, to be gradually reduced to cold as she became habituated to its use. Wet girdle, covered with dry, worn from 10, A. M. till 3, P. M. Enemas at 72, as might be needful. Temperature of room at 65, and if not warm at that, patient to have gentle hand rubbing on upper and lower limbs. Room to kept well ventilated, and, as soon as possible, she was to take gentle exercise out of doors. I bade her good-bye, and departed. Six months from that time the woman was in full health, almost a miracle in the eyes of her neighbors. This day she is a devoted advocate of the Water-Cure, and pleads nobly for the truth. It is matter of great rejoicing to her husband and her friends her restoration to health. It cost her nothing but courage and endurance, for I made no charge, and would take no fee. The thing turned out as I predicted, all the symptoms were, for a period, aggravated, but appetite resumed its sway after awhile, digestion, under vigorous diet, began to improve. Constipation gave way, sleeping took the place of sleeplessness, and the organization put out new buds, which blossomed into somewhat of original beauty. Money could not purchase that lady to take to her habit of tea-drinking. But I must close this article, already too long. If, in my conversations with you, I can but stimulate you to a clear, close study of your own being, if I can make such impression on you as shall lead you to adopt a good and abandon a bad habit, I shall feel happier than though a warrior, I had gained splendid victories. To save men is my highest aim. Far enough in the distance is the Great Savior, but his example I would copy, to heal the diseased and bind up the bruised. If, by any intellectual effort, or the exercise of skill, or physical labor of mine, life to the feeble or the strong can be made more joyous, it will give me more pleasure than to ride on the high places of power while I live, or dead, to be buried beneath a cenotaph of marble.

Glen Haven Water-Cure, August 1, 1850.

NEW-YORK, SEP., 1850.

SEPTEMBER KNOCKINGS.

BY R. T. TRALL, M. D.

STRANGE NOISES.—Be not alarmed, worthy reader, because writers, to secure the best attention, are sometimes obliged to select taking titles. We do not purpose to entertain or afflict you with a disquisition on "rappings," so prevalent in these parts about these days—whether performed by wandering ghosts or undiscoverable machinery—but simply to knock as hard as we are able on the sounding board of your understandings with the sledge-hammer of common sense, to the end that with us you may continue to rap your thinking faculties and knock your motive powers for the advancement of the best interests of humanity.

Unlike the invisible, but not inaudible ghost-seer phenomena, recently on exhibition in this city—be they spirits just, or goblins damned, mind, we say not—we are always ready to rap our sentiments; but in pushing them into notice, we come in contact with an immense amount of rubbish, so cumbering our path, that we are obliged to knock it out of the way; or take a deal of pains to get quietly around it. We prefer the straight-forward knocking process.

AN ALLOPATHIC RAP.—The Boston Medical Journal has lately made the discovery, over again—has it been in communication with the spirits?—that "Hydropathy is coming down." The announcement occupies nearly two mortal pages, and the article winds up in a perfect ecstasy of delight:—

"The truth is, we live in a period of time peculiar for humbugs; but, after all, their career is generally a 'brief' one, when they must give place to the more rational and consistent views which are to follow. Thus will it be with hydropathy. There is intelligence *without* and *within*, which must, ere long, consign the 'one-idea' system of water to a grave so low and deep, that a general deluge could not wash it out. Amen and amen!"

Why not "Amen and amen"—three times three! When it gets down such small affairs as drugging a man to death, by accident or otherwise, will no longer molest the faculty by getting into Water-cure Journals and making a tremendous fuss by coming to every body's ears. By way of knocking back in as gentle a manner as possible, let us take two small, very small items of news from the same number of that same Boston Medical Journal. We confess they are hardly worth mentioning, not proper, perhaps to be printed except in an allopathic periodical; but here they are:—

A sad mistake by an apothecary, in putting up a medical prescription, occurred in this city last week. Instead of 10 grs. calomel ordered, that amount of corrosive sublimate was put up, and taken by the patient. Death, probably in consequence of this poison, took place in a few days. A very serious accident happened in surgical practice in this city, not long since, by the taking fire of the vapor of the ether which was used to produce insensibility.

Two instances of death from the use of chloroform, have recently taken place—one in England and the other in this country."

We could continue to collect such specimens of science from medical journals until this journal was full of them, but we might be accused of making a great ado about trifles.

The New York Medical Gazette raps at us by informing the small circle of its patrons that the recent American Hydropathic Convention, at Hope Chapel, repudiated Grahamism. We knock this mistake on the head by stating the fact. Several of the members of that Convention fully believed in, and to a great extent practised, the principles of diet as explained in Graham's "Science of Human Life." Others were not fully persuaded pro or con, having never thoroughly investigated or tested them; and one member expressed his dissent. This is the long and short of the matter. No formal vote, resolution or expression, was taken on the subject.

A HOMEOPATHIC RAP.—With an account of the proceedings of the late Homœopathic Convention, held at Albany, is published a report on "Water as a Therapeutic Agent, written by the late Dr. Snow, of this city. The report concludes in the following manner:—

"Were the habits of mankind such as conduce to health, were the ordinary conditions to health complied with, were water employed as a beverage and for bathing and washing the body to the extent in which it is a natural stimulant to the functions of the stomach and of the skin, no other than the means which nature furnishes for applying the therapeutic principle, *similia similibus curantur*, would be requisite for the restoration of vital disturbance and morbid changes in the human organism.

"But as society, in its present artificial condition, teems with diseases which are the result of artificial and morbid causes, your Committee is induced to report that water may be employed to advantage, especially in very many chronic diseases."

It is alleged that Nature, as well as Hahneman's disciples, work on the principle, that "like cures like;" and, as water, it is allowed, may be employed to advantage, how, in the name of all that is infinitesimal, is water to be managed? How is a drop of water to be reduced to its 30th dilution? Dr. Small, who delivered the address at the Convention, lays down the following propositions:—

"That each medicine must be prepared by itself, with the greatest care; and, after the pure crude material is obtained, its medicinal virtues must be obtained by triturating it, in definite proportions, with some neutral substance; or, if the medicine be a liquid, it must be diluted by the aid of a neutral liquid with which it is mixed in definite proportions, and its powers developed by succussion.

"In proving a medicine, it must be given uncombined with any other medicinal agent, in sufficient quantities to produce a perceptible effect upon healthy individuals; which effect is minutely noted, as disclosing the powers of the remedy.

"Only one remedy must be administered at a time; for compound medicines are regarded by the homœopathic school as uncertain agents."

We are willing to knock under whenever we shall

see a homeopathist triturating a drop of Croton, diluting it with a liquid, developing its powers by succussion, then proving it by disclosing its properties on a healthy person; and, lastly, giving it *with no other remedy*. We will wager half the Atlantic ocean, that when they use it at all they will use it just as we hydropaths do, in tumbler, pail-full, and tub-full doses, *similia*, &c., to the contrary notwithstanding.

MORE BLEEDING IN CHOLERA.—Although more human beings have been butchered by the lancet than the sword, medical ingenuity is every day evolving new reasons, why people should be bled more and more. A Dr. Bell, of Manchester, England—allopath, of course—has been edifying the profession with his lucubrations on the nature and treatment of the cholera. His theory is as nonsensical as many others not worth mentioning, but his practice is a tangible, *dead* reality. It is, epsom salts, preparations of iron, quinine, and *bleeding in both arms at once!* He recommends that, while the patient is being bled, efforts be made to excite coughing, sneezing, and other violent commotions, so as to give the blood a start and make it come out faster! Can anything be more killingly ridiculous? Yet the Scalpel commends Dr Bell's treatise as a beautiful specimen of medical composition, and as evincive of "great powers of observation and philosophical deduction." Can anything be more silly than such puffery?

BLOOD AND SALT, BRANDY AND SUGAR.—Dr. W. P. Hort, of New Orleans, and some of his associate allopathics, have been astonishing the world, and confounding themselves, by an extensive series of chemical experiments on the blood. Their object seems to have been to ascertain what kind of drugs and dye-stuffs are best calculated to stimulate the vitality of the blood globules, and hence prove the best remedies. They have developed some wonderful ideas. They have found some sixteen salts and alkaline earths, which, by mixture with the blood, "exalt its vitality." The effect of common salt was highly exalting, and of brandy and sugar they testify:—

"The effect of brandy (cognac) and the solution of refined sugar was on the whole favorable to the blood corpuscles and monads; they certainly did not impair either their form, or their *vitality* as indicated by motions considerably prolonged."

What grog-guzzling toper will not exclaim, "Amen and amen!" when he learns that the scientific doctors have demonstrated that brandy is first rate for the blood? He can now indulge himself on good liquor "till drunk comes," and then chew a red herring or eat a stale codfish skin, and thus counteract the "drunk" while he is getting another powerful blood vitalizer, salt, into his system; and, then he may begin again on the brandy, and so over and onward *ad libitum!* Really, if the wild phantasies of the chemico doctoro-physiologists have not bewildered and becrazed men's brains, we must ad-

mit a new proverb: *The greater the absurdity the profounder the science.*

RUM REASONING.—There are two methods by which men reason on such subjects as rum and brandy, tobacco and snuff. One method is from the brains down to the lower organs, which may be called *a priori*; the other is from the stomach, mouth, nose, &c., up to the head, which is appropriately termed Rum Reasoning, or logic *a posteriori*. It is so called because the appetite is the first principle and starting point. Here is a good example of the latter process of ratioination. The author is the editor of the Boston Medical Journal—allopath, of course—who is now traveling in Europe. Under date of Paris, June 24, 1850, he corresponds as follows:—

"Everybody drinks wine, from the President of the Republic to the bootblack; still, a case of intemperance, of a marked character, is an anomaly. Not a single known case of a broken-down constitution from drunkenness has been discovered, either on the highways or in any of the numerous charities with which Paris abounds. If wine could be introduced into the United States, of the quality in general use all over the wine-growing parts of Europe, it would do something towards staying the plague of intemperance, were it within the reach of those of small means. In New England, however, it would be a hopeless undertaking to convince the strong pillars of the temperance reformation, that a free distribution of wine would actually promote the cause better than legislate enactments."

This idea of helping the temperance cause by substituting weaker liquor for stronger, is about as bright and benevolent as another idea which has been commended in the same journal; furnishing the poor with whale oil or any common fish oil as a substitute for the more expensive and dainty cod-liver oil. How any medical man who professes to understand science, and assumes to talk about temperance, should speak of any form of intoxicating drink, weak or strong; except in terms of unqualified exoration, surpasses our comprehension, unless he is lamentably non-progressive in intelligence or sadly deficient in moral perception. But the rap of Dr. Smith we will knock over by informing him that others, who have resided in Paris a much longer time than he has, tell a very different story. Among these we will name the Rev. Dr. Kirk. They declare that in Paris drunkenness is a regular system. There are, indeed, a less number of street-staggering drunkards, comparatively, because the drinking business is systematized, so extreme drunkenness is less exposed to the casual observer.

ALLOPATHIC IDEAS OF INSTINCT.—Dr. Hort, in the New Orleans Medical Journal, in undertaking to prove that a large proportion of salt is absolutely essential to animal vitality, brings to bear the following strong illustration:—"Physicians of experience in the Southern States have no doubt often had occasion to remark that a patient, *absolutely* requiring nourishment, after having barely escaped from one of our malignant autumnal fevers, will refuse every preparation of delicate nourishing food which

may be suggested to him, and which is universally deemed appropriate under the circumstances. But here nature, the great and almost unerring nurse, instructs us; for the very last thing appropriate that would occur to the physician being refused, the patient, prompted by nature, makes known his wants. Should it be a Northern man, he will surely ask for the tail of a red herring; but if a native of the South, he will desire broiled ham. There is no danger in gratifying this natural instinct, however reason and professional science so called may be adverse to it."

Whenever we can find a specimen of *natural instinct* in an allopathic Journal which is not really an *artificial appetite*, we will send it to Barnum's Museum as the greatest curiosity since the Feejee mermaid. Who does not know that a violent fever suspends all appetite, natural or artificial, and that when the fever subsides and the appetite returns, it will crave the very things it had been accustomed to, be they a herring's tail, broiled ham, pork and beans, bran bread or raw squash? Who does not know that persons addicted to rum and tobacco, lose all desire for them during a violent fever, but recover the "natural instinct" again on losing the fever? How this world is given to nonsense!

DOCTORING A QUEEN'S BABY.—The Queen of Spain lately gave birth to an infant. It died soon after birth, but had, of course, the most scientific treatment. Among other things it was bathed in ether, and then wrapped up in a warm skin just taken from the body of a sheep, which was killed in the royal chamber for that purpose. Can American regulars beat that?

RATTLE-SNAKE BITES.—The Tribune, in answer to a correspondent, gravely tells us: "Cures of Rattle-Snake bites" have frequently been made by drinking large quantities of *raw whiskey*! Such a doctor's advice is rather too raw; his medical education needs a little cooking. We venture to assert that it will trouble the Tribune exceedingly to find any authority for such a statement, beyond the mere whim of some senseless gabbler.

THE CHOLERA IN MEXICO.—This disease has lately been very fatal in Mexico and Vera Cruz. The Governor of the latter place published an edict forbidding, among other things, the sale of intoxicating drinks. The press opposed the edict, and quoted the authority of the physicians of the United States who recommended brandy as a preventive, and urged upon the inhabitants its beneficial effects. Poor deluded Mexicans! They do not know that the influence of the brandy used in this country by advice of the doctors, was grave-filling instead of of cholera-killing.

SICKNESS IN WASHINGTON.—A correspondent of the Philadelphia Bulletin writes in the following strain:—

"I deem it again proper to warn strangers of the prevailing complaint here. It is in the form of dys-

entery and cholera morbus, but of such a malignant type, that medicine seems powerless in checking it. Hardly a citizen escapes its attack, but upon strangers it is especially severe. When they visit us, say the physicians, let them avoid our water and night air."

What on earth would the man have folks drink, then? Brandy, tea, coffee, lemonade, small beer or great porter? If these drinks are resorted to, will not just as much of the same water be taken with them? Why not tell the people something useful—catch rain-water to drink, or import pure water from the nearest place where it is to be found? That would be talking to some purpose like a genuine hydropathic.

DEATHS OF CHILDREN IN NEW YORK.—During a few weeks past between one and two thousand children in this city have been numbered among the dead, constituting, in fact, about three fourths of the bill of mortality. The prevalent diseases are, as usual, cholera infantum, diarrhoea, dysentery and convulsions. More than fifty have died per week from the latter disease alone. What are the causes of this fearful fatality? All the doctors and all the people will admit that errors in regimen produce it all, bad air, bad food, bad drink, bad dress, bad nursing, bad doctoring, bad every thing. If this is true these errors can be corrected, providing the better way is known. But here is the difficulty—who knows it? Not the professors of the popular medical science, or they would teach it, else they are no better than murderers. Not the fathers and mothers of the little sufferers, for certainly they struggle, according to their knowledge, to save them. Now if the doctors do not know that stuffing children with candies, sweet-cakes, greasy meats and gravies, fine butter biscuits, and fresh baker's bread, is not only unhealthful but actually killing, they are miserably ignorant. If they do not know that letting children go with unwashed surfaces and clogged up pores, in our sweltering city tenements, is dangerous to their existence, they are miserably ignorant. If they do know these things, why do they not instruct the people? Where are their journals, books, or newspaper articles which gave any information on these topics? They are not to be found. If the five hundred orthodox doctors of this city would unitedly address a circular to the people of this city, telling them precisely how to feed and manage their children according to the laws of philosophy, the people would heed and obey them. This dreadful infantile havoc would cease at once; but where would be their business? What would become of drugging?

Mothers! if you would have your children live, thrive, grow up healthily, and be exempt from all sorts of morbid appetites, and perverted tastes, give them the purest water and milk to drink, and the plainest, simplest food to eat—brown bread and milk, mush and milk, good potatoes and ripe fruits in abundance. Avoid the whole tribe of *nic-nac* abominations—confections, lozenges, gingerbread, but-

ter-crackers, greasy pastry, and animal broths, slops and stews, as you would avoid drugs, and avoid drugs as you would dread death. Children, whose eating habits are plain and healthful, require only a little judicious bathing and nursing when sick.

But nursing mothers should know that the abominations taken into their stomachs affect the child through the milk. If she inflames her blood with what are fashionably called rich dishes, fat meats, greasy compounds, highly-seasoned or concentrated food, or poisons her milk with brandy puddings, or wine sauces, the child must suffer. She may even kill her child in this way, without experiencing any unusual inconvenience herself, for the reason that the breasts being, while nursing, in so active a state, they become, as it were, a centering point for whatever morbid humors may be floating in the body, which are transmitted through them so rapidly, that the nursing infant may be poisoned to death, while the mother escapes.

CHLOROFORM IN CHILD-BIRTH.—Some physicians are making a very extensive use of this dangerous agent in the act of parturition. During a conversation with an allopath on this subject, the other day, who has a large practice in a neighboring village, he declared he would not attend any woman who would not consent to take it. It is true, but few out of the whole number who take it are killed by it. Medical journals have recorded only about twenty cases of sudden deaths, from the inhalation of chloroform for remedial purposes, during the last two years. Still this small number amounts to a circumstance. All wrong principles in theory lead to great misfortunes in practice. Those who rely on chloroform to quell the unnecessary pain of labor pains, will pretty surely neglect a much better employment, in not teaching the patient how to live and take care of her health, so that she can safely and easily go through this natural process in a natural way. Such a work would be worthy the name of a true physician. But that man, however well-meaning, is no better than a panderer, a quack, who allows and encourages his patient so to live and act, as to get her body full of fever, inflammation, debility and morbid sensibility, and then trusts to his chloroform to subdue the preternatural agony. No woman who has once gone through this period under hydropathic habits, will have any desire to meddle with chloroform, or any other drug-stuff.

ATMOSPHERIC DISEASES.—One Dr. Rhinelander, somewhere on Long Island, has lately been edifying the good people of his neighborhood, through a village newspaper, with learned lucubrations on the states of the atmosphere, as influencing the type of the prevalent diseases. He reasons round "Robin Hood's barn" something in this way: sometimes there is a peculiar state of the atmosphere, which converts most of the diseases by which people are attacked, into the active or inflammatory type; and at other times there is a different peculiar state of the

atmosphere, which induces the maladies to take on the low, typhoid, or erysipelatous type. In the former state of the atmosphere, bleeding and reducing agents are to be employed, and in the latter, stimulating measures must be resorted to. This is a wonderful discovery, no doubt, although it is not a new one. Of course it requires a doctor with large perceptive bumps, to accurately observe the varying atmospheric diatheses and adapt his bleeding or his brandy to the existing "type."

We are of opinion that the errors of living among the Long Islanders, infect the atmosphere, or affect its diathesis, to a much greater extent than the atmosphere infects or affects the diathesis of their bodies, or the type of their maladies. Let us offset Dr. R's aerial hypothesis with a plain, rational, terrestrial matter-of-fact argumentation.

The people of Long Island enjoy an atmosphere by nature singularly pure and salubrious. But like most other people in our country, they have some habits which slightly vitiate the atmosphere around them, and greatly vitiate the blood of their own bodies. For our present purpose it will suffice to mention one. The farmers generally, and most of the villagers on Long Island keep hogs. Go through some of the lovely places, endowed by nature with all the requisites for making little earthly paradises—gardens of Eden. See their beautiful groves, shaded walks, variegated shrubbery, enchanting flower gardens, cool springs, clean streets, and fine cottages. In the midst of all these, and prominent among them, observe another thing, a hog-pen. Often close up to the road-side, and almost in front, and occasionally close by one side of a splendid dwelling, you may see, and smell too, a full and filthy den of swine. There they are confined, mired knee-deep in their own excrement, bestenching and poisoning the air, through scorching summer days and sweltering nights, with but little more than room enough to turn round, lest the exercise should waste some of their accumulating fat; and they are fed on all the rotten, refuse animal and vegetable matters of the kitchen. The sea shore is even ransacked for shell-fish to feed them on. There is an ugly, disgusting looking animal, called the horse-shoe, from the resemblance of the general shape of its shell to the foot of a horse. This animal is gathered in wheel-barrow loads, pounded to death, and then given to the hogs to eat. Hogs are like humans in one sense. Both can be trained to eat and love any thing, no matter how filthy. The hogs so kept and so fattened, are little else than a mass of animal corruption; yet the people of Long Island eat them. They even consider them very excellent eating. Is it strange that such food should fill their bodies with foul humors, and that violent inflammations, or malignant fevers should sometimes, despite the counteracting influence of pure water, pure air, and a genial climate, evince a high or violent, and sometimes a low or putrid diathesis, according to the power of the constitution to throw off disease, and the degree of the morbid

causes operating? Is it not strange that Dr. Rhineland's moon-ward gaze in search of something awful in the atmosphere, should so entirely have overlooked and over-smelled the visible and tangible cause of an atmospheric peculiarity so near at home?

WATER-CURE IN CONSUMPTION.

BY T. L. NICHOLS, M.D.

There are two questions often asked me, on the answers to which hang the hopes and fears, the life and death of thousands.

"Can consumption be cured?"

"Is the water treatment adapted to its cure?"

I answer, *yes*, to both these questions. Consumption, in all its early stages, can be cured. It has been demonstrated, again and again, that under favorable circumstances, tubercles in the lungs have separated, the matter has been thrown off, and they have healed. Years after the patient has died of some other disease, and then the infallible sign of cured consumption, has been found upon a post mortem examination. In other cases, where the disease has not been radically cured, its progress has been suspended for long periods.

The Water-Cure, in its widest sense, is the system of treatment, and the only one, which can be confidently relied upon to produce these effects, I assert with entire deliberation, and fully conscious of the responsibility. I know that it has been said that the Water-cure is not adapted to diseases of the lungs, and that Water-Cure physicians have refused to take consumptive patients. But I know this to be a great and fatal error. It is a fatal error to say that consumption cannot be cured, and it is as great an error to say, that it cannot be cured by the Water treatment. To such an error, how many precious lives might be sacrificed.

I know that consumption is one of our most terrible and fatal diseases. I know that for three years past, an average of two thousand persons a year, have died of consumption in this city. I know that more than one third of the deaths here, between the ages of twenty and fifty, are from this disease. I know that it is the opprobrium of medicine; that all science, all drugs, all nostrums, have utterly failed; that change of climate is of little benefit; that it is a wretched, hopeless scourge, filling the land with sorrow and the grave with death.

Yet, knowing all this, I say, unhesitatingly, that a careful, thorough and scientific application of the Water-Cure, has cured cases deemed hopeless; and holds out the best chance of life and health, ever offered to the victims of this disease. I assert that the formation of tubercles is checked, that the tuberculous matter is absorbed and thrown out of the system by other channels; that a reparative process is set up in the constitution; and that, by these means, seated and confirmed consumption has been, *is*, and can be cured

Further: where the disease has gone on beyond the point of absolute cure, its action may be suspended by this treatment, and the patient enabled to live for an indefinite period in comparative comfort, the system continually purified and invigorated by these genial processes. And when Nature sinks at last under the disease, the world has no blessing for the poor fevered sufferer like the Water treatment. Best of all anodynes, it soothes pain, softens every symptom, and robs death of half its terrors. It is the best system of palliation, as it is the only rational hope of cure.

In this disease, all systems of medication have failed. All drugs, acting as irritants and poisons, have hastened its fatal issue; and blisters, setons, irritations with antimonial ointment, croton oil, &c., are needless tortures, which waste the strength of the patient, and act as fuel to the flame. The nostrums which have built palaces for quacks have all proved worthless. They have come up one after another, been advertised, certificates of wonderful cures have been paraded, vast quantities have been sold, the proprietors have grown rich on human credulity, and you hear of them no more, some new preparation has supplanted them. Three articles form the basis of most of their preparations. They generally contain antimony or ipecac, as an expectorant, opium as a sedative, and alcohol as a stimulant. There is a momentary relief, a brief excitement; and each dose leaves the patient worse. Where they have seemed to cure, either there was no serious disease, or Nature, stimulated by hope, rallied to overcome it. In most cases of reported cures of consumption, there was never any really tuberculous disease, and the patient would have recovered under any circumstances.

I have no motive to impose upon the public. I have no nostrum to advertise. Water and light and air are free; and the knowledge how to use them is free, so far as it can be communicated by means of the press. God forbid that I should excite hopes doomed to disappointment; or that I should lead any one into error, on a subject of such importance. I have studied the disease carefully, and it is my earnest conviction that in the first stage of consumption nine cases in ten could be radically cured by the Water Treatment; and that in the second stage a large proportion might also be cured; while in all stages of the disease, I am satisfied that this is the only reasonable hope; and the best possible treatment, where all hope is vain.

Let me not be misapprehended. What I mean by the first stage, is that in which tubercles are just beginning to form, and before any alarming symptoms have made their appearance. This is "in season," and at this time the Water-Cure may be confidently relied upon in almost every case. I feel assured that of the two thousand persons who are dying this year in New York of consumption, nearly all could have been saved if they had never taken drugs, and if they

had taken the Water-Cure in the very onset of the disease. A vast number could have been cured, after their friends had shaken their heads despairingly; and all might have been greatly benefitted, instead of being greatly injured, as they unquestionably have been, by the ordinary course of treatment.

Many will think me an enthusiast when I declare that I believe it possible to check, in a great measure, the ravages of this disease. Why is such a belief enthusiastic? Were the human lungs made expressly for the growth of tubercles? Has God decreed that two thousand people shall perish in this city every year by consumption? Has nature no laws, and can disease come without a violation of those laws? Consumption is as unnecessary a disease as it is a terrible and fatal one. The causes which produce it are well understood, and capable of being removed. The disease itself can be eradicated in the individual and in the community. No person who lives in accordance with the laws of health will ever bring consumption upon himself, or entail it upon his offspring, and of those unfortunates who inherit it from their parents, a vast proportion can be cured; not by drugs, not by blisters, powders, pills, calomel, tartar emetic, and the lancet; but by the pure and beautiful, and natural processes, which go to make up what we denominate the Water-Cure, form its most important agent.

The first step in this process of eradicating consumption, is to cure the scrofulous diathesis on which it depends. In numerous cases I have seen this diseased condition and predisposition thoroughly overcome by the Water-Cure. I believe it may be so in almost all cases; and where it is, there is no fear of consumption. There are cases which are probably beyond remedy—cases in which children are born with tubercles in their lungs; but these are rare exceptions.

This cure cannot be too soon begun. It should commence with the nursing of the infant, and its daily care. If a child is so unfortunate as to be born of a scrofulous mother, it should not be allowed to nurse her; much less if she is consumptive. The milk of a healthy nurse, or of a good cow, should be substituted, with pure air, water and exercise.

When a child is growing rapidly, with all its nutritive functions acting with energy, the Water-Cure will effectually eradicate a scrofulous taint in the system. There is no need of an attending physician, and a long doctor's bill. A careful, intelligent mother, who has taken pains to inform herself, or who gets competent advice occasionally, is very capable of taking care of her children, and building up for them the most invaluable of all earthly possessions, a solid capital of health. One word expresses much of all that is required; that one word is purity. A pure diet, pure air, and purity of person, are the most important requisites.

When the period of childhood is past, the system takes on a great and important change; and in this change may be the spring of future health or the

seeds of early death. Great care is required at this time, especially with young females; and the slightest tendency to disease should be met with the most thorough and judicious treatment. The voyage of life is now fairly commenced, and rocks and quicksands are ready to swallow up the heedless mariner. Parents have a terrible responsibility at this period; and no man or woman should undertake to bring up a child without endeavoring to get a thorough understanding of the laws of its being. Parents have trusted to the medical profession, and the records of disease and mortality show that they have leaned upon a broken reed. When every father understands the laws of life; when every mother is qualified to take proper care of her children, consumption will be eradicated, and all other diseases will be of rare occurrence. There is no natural reason why the human race may not be as healthy as any other race of animals. In their natural condition, no animals die of consumption, but there is no race of animals, which may not be rendered consumptive, by treating them just as we treat ourselves.

In the preventive treatment for consumption, I can only give general directions. We must cease to do evil, and learn to do well. We must cease feeding on scrofulous pork and other diseased flesh, and narcotics, such as tea, coffee and tobacco. We must cease living day or night in small, close, unventilated rooms; we must cease the uncleanness of leaving the skin to be clogged with impurities. We must cease first to stimulate and then abuse our passions. In short, every person who would not die of consumption should eat a proper quantity of pure food; breathe a proper quantity of pure air, and wash the whole body every day with a proper quantity of pure water. These, with purity of thought and life, are the grand preservatives.

When the disease has once begun, Nature demands the most careful, and, at the same time the most energetic assistance of Art, in addition to the rules just laid down. The skin must be excited by continual packs and bandages, to relieve the lungs. The inflammatory action must be held under control, at the same time that everything like chill and congestion must be carefully avoided. The debilitating night sweats must be checked by cold sponging, and the tonic dripping sheet. The diarrhoea must be regulated by injections of cold water; and all the symptoms and complications of the disease must be met with patient care, while nothing is neglected that can invigorate and strengthen the system.

Such are the general principles of treatment, which I shall illustrate by cases in my articles on "Practice in Water-Cure."

APPRECIATION OF THE JOURNAL.—A Water-Cure physician in Western New York, made use of the following language in a recent conversation with a friend:—"I would sooner give \$50 a-year, than be without the Water-Cure Journal."

DYSENTERY; ITS HISTORY, NATURE AND TREATMENT.

BY JOEL SHEW, M.D.

(Continued from our last number.)

Morbid Appearances in Dysentery.—After death, from the acute form of the disease, we see great inflammation of the intestines—chiefly of the large ones, and particularly of the colon. This disease so particularly affects this part, that some have proposed to call it *colitis*, or inflammation of the colon; but that would not be quite correct; for it also affects the rectum, and likewise the small intestines. The great seat of the disease, however, is the colon and the rectum. Besides marks of redness and congestion, there is occasionally superficial abrasion of the mucus membrane; and sometimes deep-seated ulceration and great distension. After the chronic form of the disease in the same situations—namely, the colon and rectum—we find great redness and ulceration; but we also find that effect so peculiar to chronic inflammation—great hypertrophy; such thickness as the acute inflammation will not induce. There is great thickness of all the coats. The rugæ are all greatly enlarged; so that the inner surface is exceedingly rugged, and we see shreds of lymph (sometimes of great length) hanging upon it. Occasionally these changes are seen only in patches; and occasionally they are seen over a very great extent; and, at the same time, red patches are frequently seen in the small intestines. The colon has been found after this chronic form of the disease, as much as a quarter of an inch in thickness. Minute abscesses, too, are seen in the substance of the intestines. On opening the glands, we find them so much hypertrophied, (thickened) as to look like so many warts. Besides the morbid appearances just mentioned, it is not uncommon to find the liver in a state of disease. It is frequently in a state of chronic inflammation; and, occasionally, in a state of abscess. The spleen, sometimes, is in the same predicament. The liver, however, is much more frequently affected than the spleen.*

Terminations.—Acute dysentery may terminate:

1. In health.
2. In a chronic form of the disease.
3. In another disease.
4. In death.

When the disease terminates favorably, we find a gradual abatement in the severity of all the symptoms. The tormina and tenesmus diminish; the fever grows less, the discharges become less and less frequent; the bloody and mucous dejections disappear, while the evacuations assume a more natural appearance; the strength gradually, though slowly returns, until at length health becomes fully established.

"This happy termination, however, is not always

permanent. Errors in diet, or improper exposure, will, and too often do, produce a return of this formidable malady; and this at a time, when the powers of the system are still far from being restored—when this happens, the patient quickly pays the forfeit of his life, or a conversion into another disease takes place, which leaves him a poor choice of evils; either a more or less speedy death, or an endless disease. It therefore behooves the patient to pay the strictest regard to regimen, clothing, and exercise. The first should be mild, and chiefly consist of vegetable substances, as rice, in its various forms, tapioca, arrow-root, &c.; and this should be continued for some time, or until pain has entirely ceased; the evacuations discharged without blood or mucus; without enemas, and of proper consistence. The strength should above all be consulted; for if this do not accumulate in a proper ratio to the quantity of food taken, and the apparent freedom from disease, all is not right—there is some lurking mischief, which should as early as possible be detected.**

Chronic form of Dysentery.—In some cases the constitution may have sufficient power to prevent immediate death from acute dysentery, while yet there is not recuperative power enough in the system to complete the restoration of the parts that were involved in the acute stage of the disease. So also the chronic form may occur in consequence of errors in diet, excessive fatigue, exposure to damp and cold, the improper use of medicinal and other stimulants, and from a variety of causes of similar kind. "The countenance is sad, pale, or yellow; and the whole of the forearms and hands become covered with an earthly-looking crust; this never fails to be a bad sign. The skin is dry, and rough to the touch; the lips and gums are without color; the face becomes œdematous sometimes; the patient continually wastes; the dysenteric odor is even stronger than in the acute form; indeed, it becomes almost insupportable. The pulse is feeble, slow, intermittent, with evening exacerbations; sometimes the belly is hard, but not painful; the urine is brown, scalding, and passes off with difficulty; the feet and legs swell, and eventually become hydropic.†

Often in the chronic form there is no general feverishness whatever; the disease degenerates into diarrhoea, or what is sometimes called dysenteric diarrhoea; that is diarrhoea, characterized by griping, tenesmus, and a discharge of mucus, with or without streaks of blood. Chronic dysentery is reckoned by medical men generally, as being an incurable disease.

Treatment of the acute form.—The indications of treatment in acute dysentery are:

1. To subdue the general fever.
2. To mitigate the pain.
3. To support the patient's strength

* See Ellinson's Practice of Medicine, Philadelphia, 1844, page 921.

* Dewee's Practice of Physic, page 584.

† Dewee's Practice of Physic, page 585.

This is a disease emphatically of inflammation. If there is much pain attending it, we may know that intense inflammation exists; so also of the tenesmus and the discharges. Entire constipation of natural discharges that almost always take place, is also an evidence of the highly inflammatory state of the system generally.

The best authors who have written on this disease, agree as to the propriety of the sedative, antiphlogistic or anti-inflammatory plan of treatment. There are, of course, a great variety of ways in which this may, to a greater or less extent, be accomplished. Purgatives have the effect of reducing feverishness; sweating medicines, too, and more especially bleeding within proper limits have this effect. But a very important question arises in reference to all these modes,—modes, too, which have been for so many centuries resorted to by the greatest, wisest, and best of men in the profession—whether they do not often cause more harm than good in this formidable disease. Any one who will take the trouble to read all the various modes that have been and are still resorted to, and that by the most competent and skillful of the profession, will also see that there is among such writers a great want of system and uniformity, and that often one recommends a method diametrically opposed to that of another. But, as before remarked, the *antiphlogistic plan*, is that which is aimed at by most practitioners in this disease.*

* "The medical treatment of dysentery," says Dr. Good, 'has given rise to much warfare of opinion * * * * *

"It is impossible to contemplate the conflicting opinions which are given us, respecting this mode, by the monographic writers on tropical diseases, without astonishment; and the only mode of reconciling them, is to suppose that the constitution is very differently affected by the use of mercury under different circumstances; and that, while in some epidemics and sporadic cases it produces all that benefit which *a priori* we should expect generally, in others it entirely fails, or even proves mischievous. Dr. Jackson, Dr. Billingall, and Mr. Bampfield, feel justified in employing calomel merely as a purgative; while the second, though he regards it as of the highest importance in chronic dysentery, found even pyalism itself unsuccessful in the acute form. Dr. Johnson esteems it of high importance as a purgative, but of the utmost moment as a sialogogue. He unites it occasionally with bleeding, with anodynes, with diaphoretics, or with all; but each of these is subsidiary to its powers, and may often be dispensed with.—(*Influence of Tropical Diseases*, &c., p. 202.)—Mr. Anselmy unites it in the same manner, but takes every method in his power to prevent it from becoming a sialogogue. In any of the diseases for which he prescribes it, as fevers, dysentery, and liver complaints, he gives it in scruple doses in each "I never wished," says he, "to see the mouth in the least degree affected. Whenever this happened, I considered the salutary effects of calomel interrupted, because its use must be then discontinued; and it was my object to act upon the secretions of the intestines, to diminish muscular action in the intestinal canal, and not in the most remote degree to act upon the salivary glands."—(*Practical Observations on the Effects of Calomel on the Mucous Surface*, &c., Lond., 1825, 8vo.)—Mr. Cunningham, late surgeon to the sceptre in the East Indies, boldly employs it alone, and regards everything else as

But how are we to produce in the safest, best, and most effectual manner this sedative or antiphlogistic effect upon the system? This must be a serious question with every intelligent and conscientious practitioner of the healing art. Shall we go upon the plan of the most eminent practitioners of Cullen's time, who regarded that the disease is to be cured most effectually by purging, assiduously employed? Or shall we regard Cullen's own opinions, that "the most gentle laxatives are usually sufficient; and as they must be frequently repeated, the most gentle are the most safe; the more, especially as an inflammatory state so frequently accompanies the disease?" Or, if this do not succeed, shall we bleed the patient freely as recommended by such authorities as Sydenham, Elliotson, Dewees, Mackintosh, Watson, and others? Or, shall we give twenty grain doses of calomel at intervals so as to get the mouth sore (salivated) as soon as possible, as recommended by Elliotson? Or shall we use tartar emetic, large and repeated doses of opium, leeches, blisters, and, in short, all of the most horrible enginery of the old school? If I have studied the human system, and the healing art to any purpose; if I have practised among the sick with anything like satisfactory success, I affirm that there is a better mode than all these, more powerful and more efficient; and, at the same time, incomparatively more safe, than any or all of these combined. The remedy is, moreover, as simple, cheap and universal as efficacious; it is precisely such a remedy as we would naturally expect a good, wise and benevolent Creator to place within the reach of all his creatures. It is, in short, COLD WATER.

impeding its course. He does not even stand in need of alvine aperients of any kind, and prefers scruple doses to smaller preparations, because it does not in this form so readily excite the alvine discharge, so as to be carried out of the system by stool; and, administered it in this way, he fearlessly asserts, and the tables of his practice serve to justify his assertion, that "it is an almost certain remedy for dysentery, in hot climates at least." [Dr. Renton, of Madeira, after having given a trial to almost all the various modes, from copious blood-letting down to the oil of turpentine, feels himself justified in stating, after some years' experience, that, in the treatment of the dysentery of that island, "mercury, given boldly and perseveringly, until the mouth becomes decidedly affected, is the remedy chiefly entitled to confidence."—*Renton, in Edin. Med. Chir. Trans.*, vol. ii., p. 377.)—His plan is to give calomel every three or four hours, until the gums become sore.] And, finally, for it is not worth while to pursue the discrepancy further. Dr. L. Frank assures us, that, in his practice, the large doses of calomel given so generally by the English surgeons in India, proved dangerous in the French army in Egypt; and that the plan most successful in his hands, was that laid down by Sydenham, which consisted, says he, in removing irritation by gentle aperients, the use of emollient injections, mucilaginous and diluted drinks, diaphoretics, and laudanum. * * * *God's Study of Medicine*, New York, vol. i. 1836, p. 555.

What are we to think of the ordinary practice of medicine when those among its best advocates vary so much in regard to the treatment of so formidable a disease?

So far, then, as general feverishness is concerned, in this, as in all other diseases, let it be kept continually subdued by the cooling or sedative effect of cold water. IT IS THE HEAT OF INFLAMMATORY DISEASES THAT TAKES AWAY THE STRENGTH. The strength diminishes in proportion as the temperature augments. Cool and cold water, cool air, and coolness, generally, by preventing the abnormal heat, promotes the strength. Nor need the water be used very cold if the patient is weak. Even tepid water is much cooler than the blood; and, if continued for a sufficient length of time, may be made to cool the system very effectually, and this, even when the feverishness is high.

It is very necessary to watch constantly the condition of the abdomen and the head; these parts are very apt to become too hot, and the sooner all febrile symptoms are combated, the easier are they subdued.

The Cold Hip Bath.—The second indication of treatment—the mitigation of pain—is a very important one; and here I am led to remark, if there is, in the whole range of human diseases, one instance wherein a remedial agent can be made to act in a manner most agreeably efficacious in subduing pain, it is the cold sitting bath here. In the tormina and tenesmus of dysentery, a child may be writhing in agony a great portion of the time; opiates, and injections, and all other remedies fail in bringing relief; we sit or hold this child in a tub of cold water, and directly the pain ceases. We use the remedy sufficiently often, the water being of proper temperature, and we are certain of securing our object, so far as the relieving of pain is concerned. Whether the patient can LIVE is another question; but if death, even, must be the result in any given case, it is certainly very desirable that we make this death as easy as may be. This every parent can well appreciate.

Let this bath be used thus; a common wooden tub is sufficient, the size being suited somewhat to the patient's age. It is better to elevate the back of the tub a few inches by placing under it a brick or a block of wood. If the tub is of pretty good depth, all the better, as we wish to have the water come as high upon the abdomen as may be; but if the tub is shallow, the water can be poured higher upon the body by means of a cup; or a sponge or towel dipped frequently in water may be used. MAKE THOROUGH WORK IN COOLING THE BOWELS AND THEN THE PAIN WILL CEASE. If it is a feeble child, let two persons hold it, one to support the head and upper part of the body, the other the feet outside of the tub. I would not object in some cases to having the feet in warm water at the same time. I am not certain but this would be good in all cases. I should not, at any rate, be afraid of it, if the water were not used too hot. The feet also may be rubbed with the dry warm band, or warm cloths; or other moderately warm applications may be made. But I repeat again, *make thorough work in keeping the abdomen cool*; and repeat the necessary processes as often as heat and pain return.

Wet Fomentations, Bandages, &c.—In the old practice, some have used warm fomentations of bran, wet flannels, &c., and others have used these applications cold. It is probably well to alternate occasionally with the two, but they should not be used hot. Each will act better in consequence of these changes. But I would depend mostly upon the cold applications externally. Warmth is also good often, I will remark, to relieve pain; but we must recollect that artificial heat is, as a general fact debilitating to the system, and that we must therefore use it with extreme caution in the treatment of disease. Patients with dysentery should wear the wet girdle a large share of the time until they become thoroughly well and strong; but it should be often rewet, in hot weather, otherwise it would be very likely to do more harm than good by overheating the system.

With children, and adults also if necessary, especially if there be great soreness of the anus or external opening of the lower bowel, a heavy wet compress should be placed upon the part. With children we wet a heavy diaper and apply it as for a young infant. This may be double or treble according to the apparent necessity of the case. This does very much in relieving and preventing the soreness alluded to, the excruciating tortures so often attending the disease.

Injections and Drinks.—I do not believe it best to use very cold water internally in bowel complaints of whatever kind. Tepid or moderately warm water I now believe to be the best. *Water-soaking* the system internally, so to say, has a great effect in subduing inflammation and pain. It also dilutes morbid matters, rendering them thus less powerful for harm, so that the healing may go on much more rapidly than would otherwise be the case. I would give the patient all the liquid he desires. I would even encourage him to take more rather than less; and the best liquid of all, for this purpose, doubtless is pure soft water, the purer and softer the better. People may everywhere, have pure soft water if they will only be at the expense, (which is on the whole a moderate one), of catching the water as it comes from the clouds. But use even hard water, rather than any other drink. Boiling the water if it be hard improves it somewhat.

Priessnitz' Treatment.—When I was last at Graeffenberg, in the winter of 1847-8, after a conversation with Priessnitz concerning his treatment of acute dysentery, diarrhoea, cholera morbus, and cholera infantum, I wrote the following paragraphs setting forth his views:

“ACUTE DYSENTERY, DIARRHOEA, CHOLERA MORBUS, AND OTHER DISCHARGES FROM THE BOWELS.—The treatment Priessnitz recommends in all diseases of this kind is very simple. Suppose it a bad case of dysentery in a child. The great reliance with him is the hip bath, always cold if the patient is not already very weak. No time should be lost, and the treatment should be persevered in until the discharge

is arrested. Cold injections he also uses if the hip bath does not readily arrest the discharge. The wet girdle about the abdomen is to be kept on constantly during the intervals when the other means are not used. As much water as the patient desires is to be taken, and at frequent intervals.

"As to general ablutions, sufficient daily for cleanliness is all that he recommends in these cases; no half baths, no wet sheets, or means of that kind as a general thing. The sitz bath, injections, wet girdle, and the drinking, with spare and cooling diet—these are the means which Priessnitz has found in his great experience to be the best. If the patient is very weak, the water should be moderated a little in temperature, as at from 60 degrees to 70 degrees Fahrenheit.

"In the house where I lodge at Graefenberg this winter (1848,) there is a little boy five or six years of age that has been under the treatment for some weeks. He has just had the measles. As the disease passed off, a severe diarrhoea came on. He was of scrofulous tendency, often had the croup, and also chronic tonsillitis (inflammation of the tonsils.) Priessnitz's directions for the diarrhoea were hip baths cold, every three or four hours during the day, for twenty minutes each time; and if the discharges come on in the night, the hip bath was to be given the same as during the day. There was also practised in the case a light general treatment, such as would be suitable in any case where the measles were passing off, viz., slight general ablutions once or twice a day, with water at about 70 degrees Fah. The sitz bath had evidently a very marked effect in arresting the discharges.

"Priessnitz holds that almost every conceivable case of acute disease of this kind may be readily cured by the simple processes we have here described, if it is treated in season and with sufficient perseverance. There must be no half-way work in the matter, and there is as much need of a doctor who understands his business, or of an old woman, or some one who is perfectly competent to take charge in the matter, and see that it is properly carried out; and how many foolish, ignorant persons, wise enough in their own conceit, do we have to encounter in almost every case of water treatment in acute diseases. The mode we have described will seem a harsh and dangerous one, no doubt, to many, and there will be doctors, wise men enough, who, if they take the trouble to investigate these things at all, will declare that such a mode would be perfectly hazardous—quite certain to kill. Let these ignorant pretenders (and they are plenty enough in our country,) I say let them first learn the A, B, C of the water treatment before they assume to pronounce so sagely concerning the opinions and well-earned experience of the noble philosopher of Graefenberg. I myself have been annoyed not a little in the city of New York, by having my patients told by these would-be-wise men that the Water-Cure would be certain to kill them. "Your system has not the power of reaction," that conveni-

nient word as little understood as it is common to use; "you will surely get your death by the water." Such are not unfrequently the expressions of those miserable specimens of humanity who know not yet the first principles of the laws that govern the human system, or of the Water-Cure as practised by its founder.

"But to return. In our cities, our hot, unhealthy American cities, where, in the summer season, such multitudes of infants and children drop off suddenly with these bowel complaints, I fear that in many cases death will be the result of such attacks, in spite of all that the best skill and judgment can dictate. So unhealthy is a great city like New York in the hot season, with its ten thousand filthy and pestilential emanations, from streets, gutters, privies, butcheries, and the like; and so unwisely, too, are children reared, starved now and then, but generally over-full, crammed, as people do with their housed geese and turkeys before Thanksgiving or Christmas; dosed with paregorics and other poisonous compounds from the first hour of life onward; swathed and girted up so that they could scarce exist, even if all other things were right about them;—I repeat, any practitioner that has to deal with such cases, and under such circumstances, will have trouble enough, and if I am not mistaken will often be tempted to flee forever from a calling which is by most people so thanklessly appreciated and yet more thanklessly rewarded.

"But in the practice of the water treatment, I have often been astonished at the results obtained in these unfavorable cases, and sometimes when the patient has been given over to die, when dosing and poisoning had been carried to the full extent.

"If a child of my own should be attacked in a dangerous manner with dysentery, or any of the bowel complaints, I presume I should use a more powerful and energetic treatment than I should dare to use elsewhere, so great is the prejudice of the people against water, and so ignorant are physicians of its use. Why, suppose a man loses a patient and is sued for malpractice. It might have been the best treatment that could possibly be, yet the patient is lost. Now come the wise gentry of the profession to testify. The child was killed—and then comes the indictment, or, to say the least, a heavy fine; for the value of human life is often measured by money in this world. Thus it is; if we of the water system lose a case, no matter of what kind, ten to one if we have not killed the patient. But in the calomel and bleeding practice, it is another thing. A man may kill a score of patients in as many days, and so that each one be well crammed with poisons, and sent hence with the last repeated dose undigested on the stomach, all is well; the patient died *scientifically*. There is a charm in that; but we, of the new practice, believing honestly and truly in what we do, and that the system is the greatest of all improvements that have yet come to man—we will undertake to teach people to die as well as to live by the water

treatment. Let future times determine whether we succeed.

"I must mention a fatal case of dysentery I had in the past year, 1847. A very worthy friend was the father of a second child, an only daughter, which he worshipped. It has been reared with great difficulty to seven or eight months by hand. It was not my patient at first. Being taken ill of dysentery, medicine was given. Then I was called upon. We practiced the water treatment, and then again some medicine was given. At last the child died; and now this friend, who is theoretically tired enough of the old mode, can never forgive himself that other means were not used. "Why," says he, "when one thing fails, we should try something else." This perpetually "trying" something else! Alas! how many are tried upon until they are sent to the grave."*

Duration of the disease.—Dysentery, like all other diseases, varies much in its intensity. It may be the slightest thing imaginable, and from or on the other hand become one of the most violent attacks of disease that can be conceived of. An apparently healthy child may be all at once cut down—brought to death's door as it were in a single day; but occasionally the attack comes on more gradually, but it may remain for many days in spite of all treatment. In some cases the bowels will heal much sooner than in others, and as long as life remains let the friends persevere and hope.

Flagellation in Dysentery.—Dr. Good, (*Study*

* Dr. Edward Johnson, well known for his advocacy of water in England, wrote a work on hydropathy at Graefenberg, 1843, in which he argued that certain applications of cold water were capable of producing all the effects both of *bleeding* and *blistering*—except the pain. Now, strange to say, in his late work, "The Domestic Practice of Hydropathy," he gives a very singular treatment for dysentery. (See "Johnson's Domestic Practice of Hydropathy" New-York edition, 1849. pp 197, 198.)

Why should leeches be applied if water is capable of producing "all the effects of both *bleeding* and *blistering*—except the pain." (See Johnson's Hydropathy, London edition, 1843, p 171; also p. 175.)

Has Dr. Johnson changed his mind since he was with the "Peasant Philosopher of Graefenberg," as he calls Priemnitz, or does he wish to make favor with the Allopathic brethren in this matter?

And why should the patient take "twenty or twenty-five grains of Dover's powder every night," when cold water, properly used, according to Dr. Johnson's own reasoning, is the most powerful sedative known. What too, can be the object of irritating the bowels with doses of castor oil. If the doctor has changed his mind in regard to these things, he should be consistent and inform his readers of the fact. I consider the sweating treatment as being far from the best in this disease. We cannot bring on sweating until the fever and inflammation have been subdued. When this is done there is no need of that process. Altogether, I consider Dr. Johnson's treatment in dysentery a very poor one; and what is worse, one which is liable to do much mischief. I fully believe that under such a treatment as he has recommended, patients would every now and then be lost, who otherwise might be saved.

of *Medicine*, New York, vol. I., p. 556), quotes Dr. Darwin as giving a singular mode of treatment calculated to cause a powerfully derivative effect toward the surface, but which, as he remarks, we should not always recommend, nor find our patients disposed to carry into effect. "Two dysenteric patients," says he, "in the same ward of the Infirmary at Edinburgh, quarrelled, and whipped each other with horsewhips a long time, and were both much better after it."

Diet.—All agree in the great importance of attention to diet in this disease. It is well understood by the best writers in medicine, that no food at all should be given so long as the severity of the disease continues. "All writers on dysentery," says Dr. Hosack, "agree on the bad effects of animal food." It adds to the septic (putrescent) state of the bowels and of the whole system. Baker, Pringle, Zimmerman, and D. Monro, are all opposed to it in every form and every shape, even in the form of soups. "Not even chicken soup," says George Baker, "should be allowed in the disease;" "nor mutton broth," says Pringle.*

Dr. Dewees recommends a mild vegetable, or mucilaginous, and the shunning of all stimulating drinks and medicines in the chronic form of the disease.

"Radical cures," says Dr. Morton, "have been derived from a persistence in a diet of gum-water and the farinaceous articles, conjoined with absolute rest." "The patient should be kept without food," says Dr. Eliotson; "the stomach should be allowed as much repose as possible; he should be kept very low." And the celebrated Dr. Watson, of London, remarks, "the food in dysentery should be farinaceous and simple." "Vegetable nourishment and fruits, especially in the beginning, may be given," says Dr. Cullen. Grapes are preferred by Zimmerman. "Fruits are not only useful in the cure," says Dr. Hosack, "but in the prevention of the disease, not only as antiseptics, but from their effect in quickening the biliary secretions." "All writers on this subject," this author further observes, "agree on the bad effects of animal food in dysentery."

Fruit a Preventive.—Most persons are afraid of fruits in times of prevailing dysentery. I was told by a very intelligent lawyer of Morristown, New Jersey, last year, that the people of that region ate freely of peaches during their whole season. Morristown is famous for its fine air, good water, and fruits. Just before the time of peaches, bowel complaints were frequent. But very soon after the fruit season commenced, bowel complaints ceased.

For a number of years I had been in the habit of keeping patients suffering from dysentery, in the autumn, on grapes during their cure. The juice only of the fruit was swallowed, and always apparently with the best results. The past season, looking over the authorities on the subject of dysentery, I found

* Hosack's Practice of Medicine, p. 368.

the following in Dr. Elliotson's great work on the Practice of Medicine:

"It has been supposed that fruit produces this disease; but unless the fruit be bad there is no reason to suppose that this is the case. Of course, bad fruit, coming under the head of bad food, might produce it; but the mere circumstance of eating fruit at the time when nature provides it for us, does not give rise to the disease. On the contrary, there are on record many cases of fruit having proved exceedingly beneficial. It is mentioned by Zimmerman, in his work on Experience, that in 1751 a whole regiment, in the South of France was nearly destroyed by dysentery. The officers purchased the entire crop of several acres of vineyard for the regiment; and not one man died from that time, nor was one more attacked. Tissot, a French writer, also mentions that eleven persons in one house were attacked with dysentery. Nine of them ate fruit and recovered; but the grandmother, and one darling little grandchild, had wine and spices instead, as being more comfortable; and both died. It was observed in Holland, that the worst flux which was ever known in the army, occurred at the end of July, when there is no fruit but strawberries, of which the men never partook; and that the disease ceased entirely when October arrived, and brought the grapes of which the men ate very heartily."*

But it should be remarked, that even good fruit will sometimes appear to cause dysentery. So indeed the best of food might do the same, under unfavorable circumstances. Nourishment is often taken when it is not needed, and at such times, the most healthful articles will cause more or less harm. People too, are very apt to attribute such attacks to the last article which they had eaten. The last food was taken before the attack, seems always to disagree; but it is not to be inferred from this, that the disease is brought on by the food. The true cause is often to be looked for, far back of the time when the last food had been taken. The condition of the general health, must, in all such cases, be taken into account.

It is proper here also to remark, that during convalescence in dysentery, fruit as well as all other kinds of nutriment must be taken with extreme caution. A little too much of the best of articles will sometimes cause a great amount of mischief, and lead perhaps to inevitable death. I will also here add, that whatever food is found safe and useful in so dangerous a disease as dysentery, will also be found equally so in other diseases of the bowels.

Good apples, and good and perfectly ripe fruit, fresh from the trees or vines, may be used in any case of bowel complaint. If the case be a bad one, it may be necessary for the patient to fast some days, from all food. But when nourishment is needed, the juice of perfectly ripe fruit, in proper quantity

will always, I think, be found salutary and good.

Fresh air and Clothing.—Whether dysentery is capable of being propagated by means of the excrementitious discharges, as many believe, or not, it is highly important that every means be taken for the thorough ventilation and purification of the air of the patient's room. Let the discharges be removed as quickly as possible from the chamber of the sick. Some have been so particular in this matter as to insist that the alvine discharges should not be thrown into the common privy but buried in the earth, as was the custom in Levitical times. The clothing of the patient should be frequently changed. The same particular attention should also be paid to the bedding. If the patient is obliged to remain in the recumbent posture, let the bedding be changed, at the very least, as often as morning and evening; and three or four times a-day would be better. Patients always feel better and more comfortable, when they go to a fresh, clean, and well aired bed. It is not strictly necessary that the clothing be washed at every change; but it should be well aired either out of doors or before a fire in another room. These may appear trifling matters to the uninitiated but it should be remembered that in the treatment of all diseases, it is a combination of many small matters which constitutes the great whole.

Exercise.—In this as in all other diseases, the patient should sit up as much of the time as he can without inducing too great fatigue. Little and often should be the rule. But mischief is not unfrequently done in this disease by the patient doing too much at a time. One day he takes little, or perhaps no exercise at all; the next he feels a good deal better, and all at once sets about walking, riding, &c., and does enough the first day, almost, for a whole week. Serious relapses are sometimes thus caused.

Riding will be found peculiarly appropriate in this disease. This exercise seems almost too trifling matter to do much good; but when we take into consideration the influence of the constant, though gradual motion attendant on this mode of locomotion, the tonic effects of pure fresh air, and the wonderful stimulation of light, we need not be at a loss to account for the manifest improvement which occurs often from simply taking a ride.

Thus it will appear, I place great stress on what may be termed "good nursing," in this formidable disease. Let me remark also, in this place, that when dysentery becomes epidemic, great patience must be exercised in its management. We Americans, persevering and courageous as we are, in many things, have little courage in disease. If we are not cured immediately, we must set about, dosing, and dosing the poor stomach, as if life depended upon taking every nauseous thing the drug shop affords. And so, many, by their foolishness, suffer untold anguish and lose their lives for their temerity.

Hereafter, I may perhaps give some cases in illustration of the effects of water treatment in dysentery. But

* Dr. Elliotson's Practice of Medicine. Philadelphia, 1848, page 922.

I tire of such details. A strict and constant vegetarian never gets the disease. "An ounce of prevention is better than a pound of cure."

New-York Water-Cure Institution, corner Twelfth street and University Place.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

CASE 10.—CONSUMPTION.

An Englishman of thirty-five, a baker by trade, a smart driving man, doing a good business, came to me with an affection of the lungs of long standing. Six years before, Dr. Mott had told him that he could not live six months, but a strong constitution had thus far triumphed over disease.

His symptoms, at the time he came to me, were discouraging. He had a violent cough night and day, so that he never slept over an hour at a time. He raised immense quantities of purulent matter, had night sweats that weakened him, a tendency to diarrhoea, and was so broken down that he could no longer attend to his business. On examining his lungs I could find no signs of tuberculous disorganization, but what seemed to me to be very extensive bronchial inflammation, extending over the entire mucous surface. Had as the case was, I was satisfied of the possibility of a cure.

I commenced the treatment by making as strong an attack upon the skin as he would bear, and his constitution had still considerable strength. I gave him long packs in the wet sheet, and occasionally in the dry blankets. Every few days, when he seemed best able to bear it, I gave him a powerful douche, with a smart rubbing. Let no one be misled by this treatment, and think that it would be necessarily good for another case. My object was to excite the skin to action, and the means were adapted carefully to the end, with a reference to the patient's constitution. After a few days, I made him wear a wet jacket night and day, in addition to his other treatment. A simple and spare diet, water to drink, and exercise in the open air, also made a part of the treatment.

I have never seen any person so far gone in disease improve so rapidly. In a fortnight his expectoration had diminished one half, his cough was less frequent and easier, and instead of harassing him all night, he waked up but once. His sweats disappeared, his bowels became regular, and he was driving round, attending to his business, and at work in his shop, to the astonishment of all his neighbors. There was every indication, that, with continued treatment and proper care, he would have recovered; but there were two things that prevented. He wished to avoid expense, and thought he could take care of himself at home; and he was constantly driven by his increasing business.

There are few more unhealthy trades than that of a baker. The constant inhalation of the fine flour irritates the lungs; the ovens keep up an excessive

heat, and where, as is usually the case, the ovens are in the basement, the whole house is filled with the carbonic acid and alcoholic fumes of the fermenting bread. A constant exposure to these causes of disease, made a cure impossible. He grew worse again; and then, instead of resorting to the treatment that had been of such signal benefit to him, he took a fancy to try a sea voyage. He sailed for England, at an unpropitious season; suffered from the closeness and discomforts of a sea voyage, and died a few days after he had landed at Liverpool.

CASE 11.—CONSUMPTION.

The following case, that of a lady of high respectability, in this city, was treated by Mrs. Nichols; but it is of so remarkable a character, that I wish to make a brief mention of it:

The patient is a lady of about sixty years; the mother of a family; one of the most active, energetic and estimable persons of my acquaintance. Her consumptive symptoms becoming more and more alarming, she was finally prevailed upon to have advice. The case was somewhat similar to the one last described. There was much violent coughing, profuse expectoration of a purulent character, pain in the side, night sweats, and emaciation. These symptoms, with her age, and the wear of an active and anxious life, made her case one of a very serious character.

The treatment in her case was a milder one than in the last case. She took partial wet packs, at night, she slept with her chest packed in cloths wrung out of cold water, and conformed strictly to the diet and treatment appropriate in such a case. The result was very remarkable. The water, in a few weeks, brought out a crisis, over her whole chest. At one time she had forty piles, which threw out a matter of the same appearance as that she had expectorated. With the appearance of this crisis, her cough ceased, and she rapidly recovered.

Say what we will of the humoral pathology, this is another of the thousands of cases, in which matter, thrown off by means of the skin, either by the pores, or in the more evident form of critical eruptions, has been simultaneous with the cure of disease of internal organs.

In cases of consumption, the treatment must be adapted very carefully to the reactive power of the patient. Were it not for this, exact directions for treatment might be given—but there must be discrimination. It requires skill, experience, and sound judgment, to say what is the exact amount of treatment a patient requires. In consumption, an error on the heroic side may do serious mischief. The lungs are liable to congestion from the application of cold, externally, and this must be carefully guarded against. Those who try the water treatment themselves, without competent advice, will do well to begin with tepid water, and partial packs. If the patient bear these, it is easy to increase them. Feeling their way, in this manner, those who are distant

from any qualified Water-Cure physician, may still have the benefit of the treatment.

CASE XII.—TYPHUS FEVER.

During the hot weather in July, a gentleman of 35 years, full habit, bilious lymphatic temperament, and a weakly constitution from childhood, was brought to our house, with the symptoms of a typhoid congestive fever. He had been taken with severe pains in the back, and rigors, and was now suffering with headache and general prostration. His pulse was 140, his tongue very foul; and he was a fair subject, under allopathic practice, for bleeding, calomel, purging, James's powders, and a daily visit for three weeks.

I gave him a long rubbing half bath in tepid water, keeping his head wet with ice water. This lowered his pulse 20 a-minute, relieved the cerebral congestion, and he felt better. I then placed him so that a current of air should blow directly upon his head, which was covered with a cloth wet in ice water, he also had ice water to drink, without stint.

He slept quietly for some hours. As the fever rose, I packed him in a wet sheet, still cooling his head, until he broke out in a perspiration; I then put him under the douche, and brought his pulse down to less than a hundred. He took ice water in considerable quantities, cold water injections twice a day, and slept nearly all the time. For two days he took no food. On the third he ate a piece of toast, say two ounces for breakfast, as much more for dinner, and as he now felt as well as usual, he went to his business.

I have called this a case of typhoid fever; because it undoubtedly would have been such, had the treatment been favorable to its continuance and development. But we have no fevers in Water-Cure, like those described in the books. So far as my observation and experience goes, no fever lasts over six days under proper water treatment, and it is often cured in a shorter period.

CASE 13.—CONVULSIONS

In 1849, the number of children who died of convulsions was 1426. Some hundred more died of droopy of the brain, a common consequence of convulsions.

The cause of infantile convulsions appears to me very simple. In all the cases I have seen, there has been intestinal irritation. If this is relieved, the convulsions cease. The following case will give an idea of the causes and treatment.

A child about a year and a half old, was brought to our house, during the hot weather of the last of July, to be treated for a scrofulous humor which he had had from his birth. At this time the eruption had disappeared; and he had also some irritation from cutting his back teeth. He was fretful and continually hungry, and it was difficult to prevent his being fed too much. He should have been put upon the simplest food, and in the smallest quantity;

but no one foresaw the consequences of indulging what proved to be a morbid appetite.

One night he came in with feverish symptoms, restlessness, and great heat of the head. I had a wet bandage put around him, a wet towel around his head, and laid him where the wind could blow over him. He went to sleep, and I left the house for a couple of hours. On my return, I found his mother much alarmed, as he had been taken with convulsions. His head was burning hot, especially the back part, as was all the upper part of the body. The degree of brain fever threatened effusion, and to prevent this was the first indication. I therefore had his legs and arms rubbed, while I applied ice water, as cold as possible to his head and chest, and persevered in this application until the heat was reduced to its natural standard. I also gave injections of water of 75 degrees, and brought away considerable quantities of undigested food; but the irritation still remained, and when I had in a great degree subdued the fever, he was taken with a convulsion so violent and protracted, that his life hung upon a thread. It was the effort of nature to throw off the mass of irritating matter in the intestines. The fever having been subdued, I now had towels wrung out of warm—not hot—water applied to his abdomen, and he was wrapped in blankets. In a few minutes he threw off from his bowels a mass of undigested food, and soon after sunk into a quiet natural sleep.

His system was now relieved, and there was but one remaining danger. If his brain was safe, all was safe. On waking, this proved to be the case, and, having slept nearly all day, he left at night, in about his usual health, with an appearance of eruption upon the surface.

In this case, it seems very plain that the retrocession of a habitual eruption, aided, perhaps, by the irritation of teething, had suspended digestion. The irritation of undigested food, produced a morbid craving for more, which was unfortunately gratified, until nature made a series of convulsive efforts to expel the offending matter. Had not the fever been met by cold applications, there would have been effusion on the brain; had a cathartic been given, it might have interfered with the process set up by nature, and the result would have been fatal.

Many children are born so weak, diseased, and miserable, that the first serious irritation ends in fatal convulsions; but in a vast majority of cases, only one thing is wanting to prevent such mortality; and that is attention to food. An infant requires a certain quantity of nutriment when well. A single ounce more is a source of irritation. Strong children throw it off by vomiting; weaker ones suffer from belly-ache; still weaker ones die of convulsions. A young infant should not be nursed or fed oftener than once in three hours, and then not overfed. A sick child should have nothing but water, until it is better. Weakly children require less than strong ones.

Children die because they are born diseased; be-

cause they are fed too much and too often ; because they have impure and improper food from sick nurses ; in fact, almost all the diseases of infancy are those of nutrition. How simple a matter it seems, to regulate the diet of a child ; and yet for the want of such regulation, and from scarcely any other cause, our children in New York die off at the rate of twelve thousand a year. Must we not work hard to make the world a little wiser ? It needs but the requisite instruction to make people, in a temporal sense, "wise unto salvation."

THE POETRY OF ALLOPATHY.

BY PETER BOLUS PILLTIMBER, M.D. AND L.L.D. &C.

A new periodical has just "burst into being," under the auspices of Dr. Reese, of the obsolete—we mean "old school," called "The New-York Medical Gazette and Journal of Health." From the contents of the first and second numbers it could more appropriately be called "The New-York Gazette of Professional Puffery and Journal of Apothecary Advertisements." It is pretty well filled with Medical School notices and encomiums on the great facility our city and country affords for making Doctors, with a copious sprinkling of cod-liver oil and other drug-stuff advertisements, not forgetting a liberal display of "patent nostrums," generally so horrifying to the regular faculty. All these things are set forth in sober prose. But there is poetry in the matter, too, as you shall see, only be patient.

The waters of the editor's imagination being greatly troubled at a medical work, announced as being in preparation by a Hydropathic practitioner of this city, he thus berates the man, "confounds the court and buggerlugs the jury :—

"In the newspapers of the day, the grave announcement is made of a new medical work as forthcoming immediately, and heralded by an additional flourish of trumpets, declaring it to be "a graphic description of the medical experience of the author, an exposition of the human system, the causes of disease and the art of healing &c. &c." and recommending it as authority for "all who wish to escape the fangs of the profession, &c."

"And now who is this author, thus assuming to be a teacher of "the art of healing,"—this reformer, who is to rescue the dear people from the "fangs" of those vipers, the profession. He is none other than a tyro who spent four months last winter in a medical school of this city, and probably an equal period previously in some other school in attendance upon lectures, learning the A, B, C, of the healing art, which is all that can be taught in these brief lectures, and already before the moon has grown old, this newly fledged doctor is a teacher forsooth ; nay more, he is puffed for his "medical experience ;" heaven save the mark ! for both his knowledge and experience must have been taken by *absorption*, or more probably, "*come by nature*." And he it is, that a reputable editor affirms, for the paltry fee of the advertisement, that he is to deliver the people from the "fangs of the profession" by this "graphic description of his medical experience ! *Prohpudor*

: A Roman emperor it is said,
Once of his *horae*, a consul made.
But greater things here come to pass,
You make a doctor of an *egg* !"

Certainly, the doctor's prose has a magnificent beginning, and his poetry a sublime conclusion. Nothing could be more *natural*. We doubt not that his more powerful ideas, let them start from whatever point in his field of observation, would all concentrate to the same delicate termination.

Now this hydropathic "tyro" has studied medicine according to law and according to the requirements of medical colleges ; and the faculty has given him a diploma commending him to the confidence of the people as an authorized and competent physician, and entitled to all the "rights, privileges and immunities," of the legalized profession. Unless they have committed an imposition on the public for a diploma fee, this doctor is qualified to practice medicine ; and if qualified to practice it, why not to tell how it is to be practiced—teach it ? Or is practising one thing and teaching a different thing ? Suppose, after getting what information the schools have to impart, he uses water instead of drugs as a remedial agent ? Does this dispossess him of what he has learned in the schools ?

But, perhaps, he has studied many years in another and better school than any of our chartered colleges—the School of Nature—into whose books the editor has scarcely looked. Let us contrast the success of practice under the administration of the very best allopathic physicians in the world, and the very worst, most ignorant and barbarous of those who have only the light of Nature, and but little of that. This we will do on allopathic authority. Says Dr. Reese, in the second number of his Gazette :—

"Of the innocence, utility, and indispensability of calomel and other mercurial preparations, it is the duty of the profession now on the stage of action, to speak with candor and boldness in the ears of this generation, and to record their testimony, indelibly based upon their cumulative experience as practical men ; and this for the sake of posterity, who may else be befooled out of one of the most useful and most harmless remedies of the materia medica, when judiciously employed ; and one which is adapted to the cure of many fatal diseases, for which there is no other known substitute or equivalent which is at all reliable or worthy of confidence.

"In future numbers of the *Gazette*, it is intended to discuss and maintain the *innocence, utility, and necessity* of blood-letting and calomel, not theoretically merely, although it will be easy to enlist medical logic and philosophy in this service ; but in the light of the facts of history and experience, which will be found so numerous, authentic, and conclusive as to put to silence the mouths of gainsayers, and to defy successful controversy."

Adversus, we have the testimony of Drs. Daniel and Mackinnan, in a learned essay on "Tropical Hygiene," published in the January number of "The British and Foreign Medico-Chirurgical Review." Dr. Daniel remarks :

"European practitioners, in any degree conversant with the medical customs of the negroes of intertropical Africa, cannot fail to be deeply impressed with the marked attention paid by the native doctors to the due action of the cutaneous tissues, and their encouragement of this as a means for relieving disease. The Mahommedan code of laws, whose sanitary

injunctions are so well adapted for the advancement of the moral and physical condition of the barbarous pagan tribes in central Africa, strictly enjoins, not only abluent but other hygienic measures for the promotion of cleanliness, and the proper discharge of the cutaneous functions. The inhabitants of most of the maritime localities in the *Bights* are fully acquainted with the importance of these views, and treat the remittent and other fevers, to which they are subject, by endeavoring to excite a long-continued and copious exudation of sweat from the cuticular pores, by the aid of heated sand-baths, ablutions of hot water, and rude attempts to imitate vapour-baths. In some countries the patient is placed close to a large fire for such purposes, whilst in others he is held over it, water being slowly dropped thereon, so that the steam, as it ascends, may act on the affected portion of the body. After a careful observation of the good effects of this remedial system, I was led to pay more particular study to the utility of its application, and at length to try a modified adaptation of it for the cure of those adynamic remittent fevers so destructive to European life. I have no hesitation in asserting, that not only myself, but many others, who have experienced its efficacy by the speedy restoration to health, can vouch for its superiority over the ordinary practice of venesection, saline purgatives, and large doses of calomel, &c."

Here we have the testimony of an allopathic gentleman in high standing as an author in the profession, that the practice of the savage, illiterate negroes of the most benighted portions of Africa, is really more successful than the very practice which the profession has long recognized, and which Dr. Reese is about to convince the world, is really innocent, useful, and necessary. Have you any more blasts in preparation, doctor?

SELF-TREATMENT WITH WATER-CURE.

BY E. A. KITTEDGE.

What shall we do when we can't get at a Water-Cure doctor, if we are sick?

This question is often asked me, and, more or less, every Hydropath. In reply to this important question, I would say, that it depends a good deal upon who you be, and how long you have been so, as Nogg's would say.

Every man should possess himself of the best books on the Water-Cure and physiology he can obtain.

The best of these, for new beginners, are "Fowler's Animal and Mental Physiology," and "Shew's Water-Cure Manual," for they are simple and tolerably comprehensive, not deep but plain, which is far better for the uninitiated, than the more abstruse.

The well educated will find Dunglison, Carpenter, &c., on Physiology; Gulley, Wiess, Johnson, Balbirnie, &c., on Water-Cure, more satisfying, as they go deeper into the philosophy of the thing.

Every one who intends to prescribe for himself, or others, should first be sure that he has good judgment, for without this, he can do nothing to advantage, except by accident, though he have all the learning in the world, for it is the judgment that tells him how to apply the knowledge he possesses beneficially.

He should also understand anatomy.

I, for one, most solemnly protest against a man's prescribing for this one and that, simply because he himself has passed a night in a "Water-Cure!" though, minus judgment, learning, and oft-times even brains!

A man may be born in a Water-Cure, and yet be no doctor!

The first general rule I would lay down is this.

Restore the temperature of the body to its natural state.

This, if it be too great, as it nearly always is in acute diseases, is easily done, by washing the patient down in cold water—in water slightly tepid—or simply sitting them in a tub half full of the same, and keeping them there from five to twenty-five minutes; the patient afterwards should be rubbed dry, and get into bed, and be well "covered up," if not able to walk, till warm.

Be very careful not to keep "covered up" much—any longer than is necessary to get up the reaction—in other words, throw off all extra covering—that is, more than you feel is necessary. Second, apply a wet bandage to, or over, the affected part, let it be where it will.

The bandage to be hot, cold, or tepid, as the case may require.

The temperature of the bandage to be regulated according to the patient's temperature, &c.

If the patient be robust, and in an inflammatory condition, they should be applied cold and changed as often as hot.

If, on the contrary, the patient be weak, and not troubled with any acute or inflammatory action, the countenance being pale, the feet, &c., cold and clammy, warm clothes—as warm as they can be comfortably borne—will be found more efficacious in quieting nervous irritability, &c., than any thing in the world.

A case in point: I was sent for in great haste to see Mrs. —, sixteen miles from town, who was thought to be dangerously ill, and even dying by some.

She was a delicate woman, with not more than one grain of earth to a pound of the spiritual in her composition, had been long sick with spinal irritation, had lately greatly increased it by riding on horseback.

Her friends, as well as herself, being strong Water-Cure folks, and considerably experienced therein, had done all they could think of, but without affording much relief—as they had been led to expect it would, from seeing it operate in other cases, similar in appearance, but differing constitutionally.

I immediately ordered the half pack wrung out of the hottest water she could bear, which had the effect that I predicted, of putting her to sleep and keeping her there nearly all night, though for three days and nights she had scarcely slept at all.

These, and bandages wrung out of hot water, were applied several times a day for some ten days, when

the vomiting, which had been constantly present, and which ceased almost from the first application, and all the bad symptoms left her, and she began to eat, and is now doing well, it being now three weeks since I was called.

Bandages are to be applied according to circumstances; if there be acute disease, they should be cold and renewed as often as hot.

In chronic disease, where there is what the old women call a "dullering pain," or an aching soreness, we generally use what is called the "sweating bandage," which is simply the other with a dry one over it, and both allowed to remain two or more hours—all night in many cases.

This "sweating bandage" is applicable in chronic "Liver Complaint," long standing diseases of the kidneys, dyspepsia, certain diseases of the lungs, where there is not much fever, &c., &c.

More anon.

DR. WARREN AND THE WATER-CURE.

To the Publishers of the *Water-Cure Journal*:

Since the publication of my Address of the 19th of June, (which appeared in the August number of the *Journal*,) I have become satisfied in my own mind that Dr. JOHN C. WARREN, of Boston, did not intentionally make any disparaging allusion to HYDROPATHY, in his Cincinnati Valodictory. It will be recollected that the Cincinnati *Gazette*, in reporting his remarks, (which were extemporaneous,) rendered one passage as follows:

"In reference to the application of water, Dr. WARREN expressed his regret, that so valuable an agent should have become affiliated in this country with one of the most remarkable medical fictions which any generation had produced."

The impression left upon my mind with regard to the true import of this passage, was this: that, in using the term "medical fiction," Dr. WARREN referred to the vulgar error in regard to Hydropathy: namely, the common relief that its advocates represent it as a "specific" and "cure-all" (in the spirit of the notorious empirics of the day.) It is now understood, however, that Dr. WARREN, in using the term "medical fiction," had reference solely to *Homæopathy*—A TOTALLY DISTINCT SYSTEM OF PRACTICE; although Dr. WARREN would seem to be of the opinion, that "the Water-Cure" is "affiliated" with it. If it is so, it is a new fact to me; at any rate, there were no traces of any such "affiliation" in the proceedings of the Hydropathic Convention of the 19th of June.

Notwithstanding the vagueness of the language employed by Dr. WARREN, at Cincinnati, might well occasion misapprehension in almost any quarter, still I voluntarily solicit a little space in the *Journal*, for the purpose of making the foregoing explanation, rather than permit an unintentional error to stand uncorrected. With regard to the effect of this change of meaning upon the argument of my ad-

dress, it is almost too slight to need specifying. The only point I made out of Dr. WARREN's remarks, was the necessity of organizing the *Water-Cure system in America upon a strictly rational and scientific basis*: and this point is made out quite as strongly, no matter whether Dr. WARREN alluded to *Homæopathy* or *Hydropathy*.

One other little matter, and I have done. The citation from Dr. WARREN's treatise on "Physical Education and the Preservation of Health," embodied in the address, should have read as follows: "*Hydropathy to a reasonable extent is supported by good sense and exact observation.*" [This quotation was originally made "at second hand," in the hurry of writing.]

Trusting that your readers will share with me the pleasure I experience in the knowledge that a physician so eminent as Dr. WARREN still holds to his old position, on the value of rational Hydropathy, I shall not regret having trespassed in this way upon their attention.

Very truly, yours,

R. S. HOUGHTON, M. D.

No. 8, West Eleventh street, August 9th, 1850.

MEDICAL EDUCATION.

A thorough medical education in the principles and practice of Water-Cure is the great want of the present time. Our principles are spreading among the people, by means of our books and journals, faster than the demand for able practitioners can be supplied. A thousand well qualified Water-Cure physicians could find employment now, in various parts of this country; in a few years, the demand will be much greater. With all this urgent demand there is no supply. To the question, "Can you send us a good Water-Cure Physician?" I have to reply always in the negative. Large establishments are waiting for competent medical men to take charge of them.

A Water-Cure Medical College is, for the present, out of the question. Its professorships could not be creditably filled. Nor is there any great necessity for such an institution. Our Chemistry, our Physiology, our Anatomy, and, to a certain extent, our Surgery and Pathology, are those of the established schools. What we require, is instruction in the application of the principles of Water-Cure, in the theory and practice of medicine, surgery, and obstetrics. I have to propose a plan by which those who have a call to this field of useful labor may become in some measure qualified for the work.

In the city of New York there will be, during the coming winter, from October to March, courses of medical lectures in three medical colleges. Any person may attend any or all of these lectures. The fees for each course are from ten to twenty dollars, for the four or five months. If a student wishes to go through a regular course, he will take his tickets for all the lectures. Otherwise he can take tickets for either of the courses of Anatomy, Physiology,

Surgery, &c. ; but I should advise the whole. Even the lectures on *materia medica* will be useful, and I advise every one who can do so, to study three years, attend two courses of lectures, and take a diploma in regular form ; and the student of Hydropathy will do well to spend a good portion of his time as an active assistant in some Water-Cure establishment. After the present year, I shall be able to take students, so that their education will cost them very little.

During the coming winter, if this plan should meet with encouragement, I will give, at some convenient place and at such an hour as not to interfere with the other lectures, a course of lectures on Water-Cure, in its application to the practice of medicine, surgery, and obstetrics, for the benefit of students in hydropathy, of medical students generally, and of all who wish to attend.

There is a great want of educated and qualified women, in the practice of the Water-Cure. Such a woman is a necessity to every Water-Cure establishment ; and there ought to be one in every neighborhood, who is thoroughly acquainted with the diseases of women and children, and the proper management of childbirth. I have no doubt, that a class of women would be permitted to attend the lectures of either of our colleges, not with a view to graduation, perhaps, but that is of no consequence, so long as they acquire the information. But, should there be any trouble about this, I will undertake to provide them the means of pursuing all the necessary branches of a thorough medical course, in which I shall have all needed assistance.

A word now as to expense. The average cost of board in New York is three dollars a week. Those who are willing to club together, and live in a simple manner, might possibly board as low as two dollars a week. The fees for a full course of lectures at each of the medical colleges, are a little over one hundred dollars ; each professor receiving from ten to twenty dollars. The cost of attending my course will not probably be more than five dollars, depending upon the encouragement given, and the number of lectures required. So the entire expenses of a person attending a full course, will be not far from two hundred dollars ; and a partial course will be in proportion.

Doubtless, there are many young men, of intellect and character, who are anxious to qualify themselves as Water-Cure physicians. I know of no more noble or useful field of human labor. Such ones, I earnestly invite to enter upon the work. Truly, the harvest is plenteous, but the laborers are few. Where the friends of the cause know of such a man or woman, one who is by character and judgment fitted for the responsible office of a physician, and who is prevented from studying by want of money, they cannot do better than to club together, and provide them the means of education.

I have felt it my duty to make this proposition, in the absence of better means, and desire that such as

would like to avail themselves of it will write to me, when I will give them any further information they may require.

T. L. NICHOLS, M.D.

87 West 22d street, New York.

DEATH OF GEN. TAYLOR.

Since our last number, we have received some further particulars of the medical management of the late President. The following article from the *Journal of Commerce*, contains a sound criticism on his case, and a correct exposition of the theory of congestion, upon an erroneous view of which thousands have been, and doubtless will be killed—doctored to death. Would that physicians, as well as people, would read what follows, attentively:—

Among the various reports of the sickness, death and medical treatment of the late Gen. Taylor, the following statement, from one of his friends, may be relied on: "He was in good health on the 4th of July, when he ate a hearty and rather indiscriminate meal, which was followed by cholera morbus. This was checked by calomel and opium, and a reaction followed, which was taken (mistaken) for a bilious fever, for which he was bled, leeches, blistered, and took repeated doses of calomel throughout ; in the last stage of debility, he took about eighty grains of quinine."

Remarks.—While a personal inspection of the patient only, can reveal the condition on which all sound practice depends ; at this distance, it would seem that the disease itself was one of rapid exhaustion, emptying the vessels promptly of their fluids, while the depletion of the lancet, leeches and calomel carried out the general plan of the disease, in exhausting the vessels still more completely of their contents : and yet, it must seem strange to many, that the patient died of congestion of the brain and viscera.

Now it may be profitable to examine the case, and see how far this anomaly may be explained by the facts, and how much of the treatment may have shared in the result.

In regard to the fluids of the body, that in this case were so rapidly lost, the law of animal life enforces the proportion of four-fifths by weight of its tissues, to be *fluid*, before it will generate animal heat. The moment the proportion of solids to fluids falls below this adjustment, the body begins to cool, and congestion ensues. Now what is congestion ? We have the concurrent testimony of Marshal Hall, Professors Solly, Eberle, and other distinguished writers, that over depletion by the lancet, produces congestion of the brain ; but how, or why it produces congestion of that organ, they do not say. If we examine this isolated fact of congestion from over depletion, and trace out its relations, we shall perceive that it is only a part of the general law of life that belongs to all vital organs alike, when deprived of their fluid.

The *sensations* of the brain arising from a diminished supply of blood, resembles those produced by *repletion*, when giddiness ringing in the ears, confusion of mind, and other apoplectic signs supervene.

Apart from these sensational phenomena, that so successfully misled the physician, the physical facts on which the sensational phenomena are founded, will explain the mystery. It is the capillary vessels only, that are subject to congestion. These vessels, at the standard of health, are in full tone, and circulate nothing but white blood while in congestion they lose tone and admit the red globules, which, at other times, are precluded by their size, and, in proportion as any, or all of those delicate vessels are emptied of their fluids, their fibres relax and their tissues weaken, and their several diameters enlarge, till they become loaded with the red blood, that belongs to the larger vessels. This is congestion; and hence a post-mortem examination of the late President of the United States, would have exhibited the proofs common in such cases, that the patient died of congestion of the brain and viscera; when, if the same constitution, in sound health, should be depleted to the same extent, by the lancet alone, *taking the same number of days in the depletion that the disease occupied, the same congestive appearances would have been exhibited.*

In proof of this, the post-mortem examination of men who die by starvation, presents the different vital organs, in different states of congestion. The first sensations of starvation are precisely those of over-depletion. A sense of fullness and pressure in the brain, is occasioned by the loss of tone in the capillary vessels, admitting the globules of red blood. As these accumulate, confusion of mind and derangement follow, while corresponding accumulations are secretly taking place in other vital organs, till death closes the scene. These physical facts show how depletion produces congestion, and that the re-actiooary force of the constitution must be strong to repair the mischief done by the lancet, and enable the patient to recover in spite of his treatment; while they equally evince the impotence of quinine, to supply the empty vessels with the fluids they have lost.

REVIEWS.

BY R. T. TRALL, M. D.

CHRONO-THERMATISM.—Dr. Samuel Dickson, of London, is the author of a new theory of pathology and a modified plan of prescribing drugs, which has received the cognomen of "The Chrono-Thermal System of Medicine." In English these terms mean time and temperature, being derived from the Greek Chrono, time or period, and Therma, the Greek for heat or temperature. Under the title of "THE PRINCIPLES OF THE CHRONO-THERMAL SYSTEM OF MEDICINE, WITH THE FALLACIES OF THE FACULTY, in a series of Lectures, by Samuel Dick-

son, M. D., formerly a medical officer on the British Staff, containing also an Introduction and Notes, by William Turner, M. D., Ex-Health Commissioner for the City and County of New York, Fellow of the Scientific and Medical-Eclectic College of Virginia," &c, we have a book of 224 pages on the subjects thus indicated.

The new theory inculcated in this book is of little importance. If true, it can only amount to a principle—by no means a system.

The only distinct points in Dr. Dickson's theory are these:—The type of all diseases is identical; and intermittent fever, fever and ague, is that one and identical type. In other words all diseases are periodical, having times of exacerbation attending with periods of remission or intermission of morbid action. Dr. Turner thus explains the "System," as it is called, which, we fear, will not seem very lucid to the reader.

1. The phenomena of perfect health consist in a regular series of alternate motions or events, each embracing a special period of time.

2. Disease, under all its modifications, is, in the first place, a simple *exaggeration* or *diminution* of the amount of the same motions or events, and being universally alternative with a period of comparative health, strictly resolves itself into fever—remittent or intermittent, chronic or acute—every kind of structural disorganization, from tooth-decay to pulmonary consumption, and the decomposition of the knee-joint, familiarly known as white-swelling, being merely developments in its course—tooth-consumption, lung-consumption, knee-consumption.

3. The tendency to disorganization, usually denominated acute or inflammatory, differs from the chronic or scrofulous in the mere amount of motion and temperature; the former being more remarkably characterized by excess of both, consequently exhibits a more rapid progress to decomposition or cure; while the latter approaches its respective terminations by more subdued and therefore slower and less obvious terminations of the same action and temperature. In what does consumption of the tooth differ from consumption of the lungs, except in the difference of the tissue involved, and the degree of danger to life, arising out of the nature of the respective offices of each?

So much for the theory. The remedies which the new theory adopts are precisely the same as those of the old theories, with the single exception of blood-letting, which Dr. Dickson entirely repudiates. Says Dr. Turner:—

"The remedies used in the treatment of disease, Dr. Dickson terms Chrono-Thermal, from the relation which their influence bears to time or period, and temperature, (cold and heat.) These remedies are all treated of in the various modern works upon the *Materia Medica*. The only agents this system

rejects are the leech, the bleeding-lancet, and the cupping instrument."

On looking into the details of Chrono-Thermal practice, we find the remedies most employed, as being more especially chrono-thermally scientific, are Peruvian bark, quinine, arsenic, opium, prussic acid, iron, silver, copper, strychnia, musk, assafoetida, valerium, colchicum, zinc, bismuth, turpentine—a list comprising nearly all of the most deadly of the Allopathic drugs. To be sure these are to be employed in smaller doses than according to the old plan, but we are given no rule by which to ascertain the proper remedy except by trial. All is to be experimental—try quinine, then arsenic, then opium, then bismuth, then zinc, then copper, then prussic acid, and keep trying till something hits! Can anything be more empirical? Yet it is pretended such practice is philosophical; and it is sustained by the following rather plausible process of reasoning. All diseases have intermissions and exaggerations. All remedies operate by prolonging the period of intermission, if chrono-thermally prescribed, and by exaggerating "the unity of morbid action," if not administered chrono-thermally. But to ascertain whether a given drug in a given case of disease, will work chrono-thermally or anti-chrono-thermally, that is to do good or hurt, we must try it. If it works well, it illustrates the beauty and truth of the theory of periodicity. If it works ill, it is not chrono-thermal to the existing "motions and events," and so something else must be tried, and so the theory escapes.

Practically, Chrono-Thermalism may be an improvement on Allopathy, from its negative virtues alone—dispensing with the shedding of blood, and diminishing the doses of the destructive drug-poisons.

The greater length and strength of the book is, however, devoted to that branch of the general subject called, "The Fallacies of the Faculty." In this department of his book, Dr. Dickson has facts instead of fancies to deal with, and he handles them with good effect. In relation to bleeding he observes:—"How few the diseases which loss of blood may not of itself produce? If it cannot cause the eruption of small-pox, nor the glandular swellings of plague, it has given rise to disorders more frequently and more immediately fatal than either. What think you of Cholera Asphyxia, Asiatic Cholera? Gentlemen, the symptoms of disease are the identical symptoms of a person bleeding slowly away from life! The vomiting, the cramps, the sighing, the long gasp for breath, the leaden and livid countenance, which the painter gives to the dying in his battle-pieces—these are equally the symptoms of Cholera and the loss of blood! Among the numerous which it can produce, Darwin says, "A paroxysm of gout is liable to recur on bleeding." John Hunter mentions "lock-

jaw and droopy" among "its injurious effects;" Travers, "blindness and palsy;" Marshall Hall, "mania;" Blundell, "dysentery;" Broussais, "fever and convulsions." "When an animal loses a considerable quantity of blood," says John Hunter, "the heart increases in its frequency of strokes, as also in its violence." Yet these are the indications for which professors tell you to bleed. You must bleed in every inflammation, they tell you; yet is not inflammation a *daily effect* of loss of blood? Magendie mentions "pneumonia" as having been produced by it, completely confirming the evidence of Dr. Hume on that point. He further tells us that he has witnessed among its effects, "the entire train of what people are pleased to call *inflammatory* phenomena; and mark," he says, "the extraordinary fact, that this inflammation will have been produced by the very agent which is daily used to combat it." What a long dream of false security have mankind been dreaming! They have laid themselves down on the laps of their mentors, they have slept a long sleep; while these, like the fabled vampire of the poets, taking advantage of a dark night of barbarism and ignorance, have thought it no sin to rob them of their life's blood during the profoundness of their slumber!"

In the technical medical sense, Dr. Dickson is evidently an able and well-read scholar. But out of the beaten track of a routine education, he appears as ignorant of the philosophy of life and health, and the true pathology of disease, as are most persons who get their observing and reasoning powers early biased by a regular medical education. On the subject of diet he speaks as ignorantly as dogmatically, following in the wake of all writers on that subject who echo the floating fallacies of the world, without giving them a moment's examination. After asserting that "the most cursory examination of the human teeth, stripped of every other consideration, should convince any body with the least pretension to brains, that the food of man was never intended to be restricted to vegetables exclusively," he quotes the following overwhelmingly poetico-historical argument in favor of the carnivorous nature of man:—

"Observe the various operations
Of food and drink in several nations,
Was ever Tartar fierce and cruel
Upon the strength of water gruel?
But who shall stand his rage and force,
If first he rides, then eat his horse?
Salads, and eggs, and lighter fare,
Tune the Italian's gay guitar;
And, if I take Dan Congreve right,
Pudding and beef make Britons fight."

Prior.

Sadly blinded by custom and prejudice must be that mind that can offer that testimony against

vegetable diet. As an argument it is simply silly. If man cannot enjoy health and strength, nor be sustained and developed in his nature as God designed, without that kind of food which confessedly enrages and brutalizes, him and assimilates him to the character of the most cruel and ferocious beasts, he must have a different standard of the dignity, and a different idea of the destiny of humanity from that of which *other* poets have sung. If Dr. Dickson should ever really study this subject, he might, perchance, come to a conclusion more humanizing and more philosophical than the bacchanalian and riotous sentiment of his approved poet. But enough for the reader to get a view of Chrono-Thermalism and its author. Its theory is entirely valueless; its practice is an improvement on orthodox druggery precisely in proportion to its abandonment of the destructive processes and its diminution of doses; and its collateral relations—voluntary habits, regimen, &c., are, as with most other medical theories, plans, or systems, wherein drugs are supposed to be the leading curative agents, a promiscuous jumble of the good and the bad.

ANNUAL REPORT OF THE BOARD OF EDUCATION OF THE CITY AND COUNTY OF NEW YORK, 1850. W. C. BRYANT & COMPANY, PRINTERS.

We find the whole number of children taught during the year to be 102,974, costing \$248,300 51. A large sum of money well invested. It will pay an interest to the state far greater than if invested in jails or state prisons.

After enumerating the various studies, and giving all necessary statistics, we come to

PHYSICAL EDUCATION.

In their zeal to improve the methods and processes of instruction in the cultivation of the mind, Educationists have entirely lost sight of in the great and important truth, that it is as necessary to the well-being of man that he should have a healthy and well-developed body, as that he should have a well-cultivated mind, and that one belongs as properly to the training of the school-room as the other.

Our system of Common School education should embrace the perfect and harmonious development of the whole man, and not of a part only. Moral and intellectual training alone will not do it, neither will the Physical. Each has its distinct office to perform, and to the instruction in each of these departments should a portion of every day be devoted.

Physical training has been reduced to a science as exact as Anatomy or Physiology, and for a trifling expense may be grafted on our school system, and taught in all our schools as readily as Arithmetic.

The neglect of Physical training is abundantly apparent in all classes of society. It is not confined to the school-room, though that is the place to correct the evil. Stop eight out of ten of the people,

male and female, that we meet in the street, and we shall find the following peculiarities:—a stooping position of the body, instead of the perfectly erect: round shoulders and sunken chest, instead of the square shoulders and broad expanded chest; a hitching and uncertain step and gait, instead of the firm elastic step of health—and all the marks of a sinking constitution and premature old age, instead of the ruddy and robust appearance of health.

The first discovery of this neglect is generally made when it is too late to correct the evil. Nature's laws have been disobeyed, and she demands the penalty—then the unfortunate victims make strenuous efforts to delay the payment, by swallowing huge quantity of drugs and patent nostrums. They pay their millions for tribute but nothing for defence.

In all the schools of any note in Europe, the Gymnasium is as much a part of the course of training as the Mathematics, and the consequence is, that when you see a graduate of any of these schools, you will find a robust, healthy, and well-developed man—one with an organization capable not only of enduring physical and mental fatigue, but also of resisting disease.

In our judgment, there is no reform more necessary for the improvement of our schools, than the introduction of Physical Training. Especially is the want of it noticeable in our Female Schools. The extent to which physical deformities, such as the lateral curvature of the spine, prevail among the young females in the country generally, having their origin mainly in the habit acquired in the school-room, will scarcely be credited by any one who has not given especial attention to this subject.

Dr. Warren, of Boston, in his very excellent little tract on Physical Education, gives the following testimony in this all important matter:—

“Perhaps it may be imagined that the cases I have described are of rare occurrence, that we have no occasion to alarm ourselves about a few strange distortions, the consequence of peculiar and accidental causes. If such were in fact the truth, I would not have occupied your time with the minute detail of these unpleasant subjects. Unhappily they are very common. I feel warranted in the assertion already intimated, that of the well-educated females within my sphere of experience, *about one half are affected with some degree of distortion of the spine.* This statement will not be thought exaggerated when compared with that of one of the latest and most judicious foreign writers. Speaking of the right lateral curvature of the spine, Lachaise says:—‘It is so common, that out of twenty young girls who have attained the age of fifteen years, there are *not two who do not present very manifest traces of it.*’”

Thus are our school managers discussing this subject, nor can its importance be overrated. *PHYSIOLOGY must be taught in all our schools. Teachers should begin at once to study this subject, in order to instruct others, in this long neglected department of HUMAN SCIENCE.*

BY E. A. KITTRIDGE.

ON THE PREVENTION OF CONSTIPATION. BY JOHN C. WARREN, M.D. BOSTON: TICKNOR, REED, AND FIELDS.

THIS is the title of a little work just issued by the above enterprising publishers, extracted from the Journal of Medical Sciences, in which the venerable author asserts that which there is but little excuse for any body old enough to be troubled with Constipation, not knowing, in this enlightened day, viz. that Graham meal and cracked wheat is good for the "cure and prevention of Constipation."

Thanks to Graham, Alcott and others, this doctrine has long been bruited, and it is now, I believe, incorporated in our school exercises, and I am glad to learn that there is one in the drug society of regulars—a man of merit and renown too, that *dare* come out boldly and go thus far. All I regret is, that he would not make further experiments; as I am convinced that, should he turn his great mind to the thorough investigation of this terribly frequent complaint of costiveness, he would never say anything more about "medicinal remedies," as he would find that proper living, in connection with proper bathing, would cure all curable cases of chronic costiveness, and prevent it in all cases where prevention was possible.

The learned professor, I am sure, would be the last one to inculcate the idea, that a man, even though he lived on Graham bread, cracked wheat, &c., could expect to have his "bowels in order," if he paid no regard to the quantity he eat, of the manner in which he eat it, or to the state of his skin; and yet his article would lead us to infer, that these things were of no importance. This accounts for his and others—*et id om.* &c.—recommendation of laxative medicines as "a cure."

Dr. Warren ought to know, if he do not—every body who has had any experience in the matter knows—that taking medicine for constipation is like self-righteousness: the more you have the worse you are. You very seldom hear of a physician now-a-days ordering medicine for costiveness, and still more rare you find a man of any reflection who uses it with a view to a cure.

No, no, Mr. Editor, however, Dr. Warren may feel inclined to throw the host of little sticklers for dosing—a bone as a sort of "place-bo" to keep them quiet, and to pay them for having written a book on Hydropathy once, (see Warren on Health,) you may depend upon it, he would never so insult Nature as to give her physio when she asked for bread, or to ever think of curing or preventing constipation by giving mechanical or medicinal "cathartics."

The only true remedy, or prevention for costiveness—which by the way is seldom if ever a disease of itself, but merely a symptom, or an exponent of false conditions—is to put the body and mind into the true conditions.

I need not tell Dr. Warren, that something me

than coarse food is required to do this as a general thing; and he knows very well that medicines, laxative or otherwise, can never supply the place of obeyed physical and mental law.

It is well known, too, to Dr. Warren, that some of the worst cases of constipation that ever occur, arises from diseased cerebral function; and in such cases I need not add, that it would be absurd to hope to cure it by simply altering the diet. The cause must be removed. Any one at all conversant with remedial effects of cold water, will understand how beautifully efficient that element is in removing the nervous irritation always existing in such cases, the over-mental action being first stopped.

I would, while on this topic, respectfully ask Dr. Warren's attention, and those others who feel interested to this fact, that the worst forms of constipation ever known have been readily cured, though of years' standing, by the simple use of water and proper diet, where the patients had lived almost exclusively on unbolted wheat, meal, &c. And I never knew of a case, out of many hundreds, that would not yield to this treatment, though they had baffled the combined effects of medicine and diet for years.

No, Mr. Editor, I for one—presumptive as it may appear in me—cannot let this little work go broad cast as it will over the land, carrying with it the idea, that a man can make atonement for violated physical and mental law, by taking physic, or eating bran, without taking the liberty of adding my humble protest against it.

The little book referred to is beautiful, barring the physic, as far as it goes; but I say again, *aye*, "iterum, iterumque," that no food, however coarse, or any kind of drugs, can ever cure or prevent constipation of the bowels, while the patient is living in false conditions, otherwise unless by creating a worse state of things; and the people begin to find this out, as the thronged state of our Water-Cure Establishments bear witness.

Over-eating is the great sin of this world; and the Grahamites themselves are frequently costive from this cause and neglect of bathing, &c. God will not be mocked—"if a man sinneth, he shall surely die;" and if he would live again, he must cease to do evil—not sin more violently.

MISCELLANY.

GOSSIP FROM BOSTON—BY NOGGS.

WELL, Brothers, the cause is still onward in the old Bay State, as well as every where else. I think I never knew it as prosperous as now. Old and young, wise and ignorant, black, white, and all the intermediate shades are being "born of the water," and great is the rejoicing in Franklin street.

It is almost distressing, and would be quite, to

hear the questions some of them ask, were it not so laughable.

The Allopaths tells them it will not do for them to use cold water, that it will "make them take cold," "drive the blood into the lungs," cause hemorrhage, &c., "exhaust their strength," "make them insane," &c. &c. And the poor creatures being brought up to believe in the infallibility of doctors, ask these several questions of the Hydropath, with anxious fear and trembling.

Brothers Farrar and Lorenzaro are doing finely, I am glad to hear, and it ought to be, for they have everything to do with. In fact all the institutions worthy of the name are doing well.

A new discovery has been made here by a philosopher of the old school, namely, that evening air is better that morning, and that late suppers of beef-steak are conducive to health! He will probably take out a patent soon.

Cold water nurses are in great demand here. If you know of any first rate women, who are anxious to serve the cause in this way, send them on—they can soon learn if they don't already understand. One woman complained to me to-day, that she "could not find any who, in bathing her, did not adulterate the water with rum!"

Dr. K. was much pleased with his short visit to New York the other day, and regrets exceedingly that he could not have been present at the Convention.

Your new "head" takes well, though some think "those ere shoulders ought to have been covered up! They're afeered she'll catch cold!"

So "Old Zack" is dead? Poor man, he couldn't well help it. A man can't stand everything if he is a President!

It's bad enough to be a General and be shot at, live in marsh miasma countries and be deprived of all the comforts of life and exposed to all its dangers,—but to be a President, taking everything into consideration, is awful! especially to be a pet one of the people. It is with such as it was with Parson Robbins, of Plymouth, "long, long ago," when ministers meant something! His parishoners almost killed him—with kindness, too, he took tea with one old woman, who kept laddling in the molasses into his cup, "Oh!" says he, "I don't like it too sweet." "O, la!" the old lady cried, "it can't be too sweet for a minister," and so it was with Taylor, and so it was with Harrison, with Gov. Fairfield, &c. &c. Nothing is too good for them to eat and nothing too strong for them to take. I was just as sure Taylor would die when I first heard of his sickness as I am now. "Death likes a shining mark, and so do the doctors," and the bigger the man the bigger the dose, "can't be too big for a President!" In Taylor's case, "*the medicine had the most happy effect!*" with the slight exception of killing him!

Poor old hero, he had fought for his life "full many a time and oft," and had always come off conqueror,

but now alas, he had to deal, not with uneducated Mexicans, or ignorant Indians, but with "scientific" poisoners, who were armed to the teeth with implements of destruction ten times more certain and fatal than ever was rifle, sword, or tomahawk!

The sword has slain its thousands, but opium can boast its tens of thousands killed, and hundreds of thousands "mortally wounded!"

"It was the decree of the Almighty," that Taylor should die. If so, it must be a lesson for infidels, for he took the very wisest course to carry out his decrees!" and showed that he "knew the end from the beginning!"

The "young uns" of the Old School are in a "terrible pucker," because the people make a fuss about the "secundem artem" murder. They seem to think that folks ought not to begin, at this late day, to talk hard about such "accidents," as they have hitherto passed unnoticed.

But some how or other they will talk this time as the case was so horrid. The blood of poor Hall "still cries from the ground." And, if I mistake not, this case of poisoning will do more to abolish the horrid system of drugging than anything that has occurred this five years—always excepting the successful practice of Hydropathy.

The cause still goes bravely on, and every day brings the glad tidings of many honest men's redemption from the bondage of medical error. In short, Allopathy is on its last legs, and will soon have to go on crutches.

Some of the most eminent of the Faculty in Boston have made the wonderful discovery that un-"bolted wheat and cracked wheat," are better than drugs, "for the prevention and cure of constipation," and the people now have good reason to hope that some of them, by-and-by, will find out that there is something else in the world for preventing and curing diseases besides "drugs, medicines, and dyestuffs."

The health of our city is very good for the season, and consequently the doctors "are down in the mouth!"

The Water-Cures in this state are all full, as far as I can learn.

The idea of going to cheap establishments, simply because they are such, is getting rather obsolete in these parts, though unfortunately those who need Hydropathy most have the least cash, the Allopaths and druggists having robbed them of their money as well as their health. But all such had better stay at home, for Hydropathy is, generally speaking, the dearest thing in the world. May we not hope a time will come when Hydropathic hospitals, free to all, will be established in all our cities, and that ere long?

Your Journal has a wide circulation, and must come before some fifty, or perhaps, a hundred thousand readers. Surely, among so many, some

may be found benevolent enough and rich withal to start this thing by a donation of ten, twenty, or a hundred thousand dollars.

Let the thing be but once well started, and there will be no trouble. I for one cannot imagine a pleasure so pure and so great as that which would arise from the consciousness of having thus benefited the "Lord's poor."

"I'VE DONE SMOKING."

Our friend delivered himself thus honestly and in earnest—"I've done smoking." As he emptied his mouth of the last cigar, our mouth became full—full of blessings.

Blessed is the man *himself*. He is more wise, more cleanly, more savory and more reasonable than when he went smoking and puffing about like a locomotive.

Blessed is the man's *wife*. She is the happier woman for the four reasons mentioned in the last sentence, and for many more. She had hoped against hope for the last puff; but it has been made at last. We seem to see her face brighten—her step is more elastic—her voice is sweeter—her welcome to her husband as he reaches home is more cordial. She has our hearty congratulations.

Blessed is the man's *house*. An unsavory spirit has gone out of it. More easily can it be kept neat and tidy. Old repellencies will repulse no more.

Blessed is the man's *apparel*. A certain fragrance has left it; but not to the sorrow of those oft in proximity with him. His wardrobe is minus a real annoyance, and plus the benediction of many a friend.

And blessed is the man's *health*. In the smoke and fire he so long kept up beneath his nostrils, he fed an insidious enemy. And his whole nervous and digestive system unites in the benediction we now indite.

And blessed is the man's *pocket*. A leak is stopped. As much as before will flow in, and less flow out. We seem to hear a voice from that quarter—"there will be better days in the department of our master's dominions."

And blessed be the man's *resolution*. May it tower aloft, like a granite pillar, above all the smoke and fire that may assail it. That last puff! Be it the last! And, though the smokers will not join, yet there will be enough to unite in a hearty Amen!

A LOT OF BREAKS.

BY L. SOUTHWICK.

BREAK up the haunts of vice and crime,
Break rocks with Dupont's Powder;
Break up house-keeping, if you don't
Know how to make a chowder.
Break off bad habits, and break out
Into a fit of laughter,
But if you break the Temperance Pledge,
You'll rue it ever after.
Break not your promise or your pate,
Affection's ties ne'er sever;

Break not the Sabbath or your neck,
In any case whatever.
Break no glass-lamps or wholesome laws,
Nor crockery or china;
But break all vessels which contain
The *stuff* that gets men *shiny*.
Break open letters, eggs and clams,
And oysters fat and greasy;
Break off the squashes and your sins,
And make your conscience easy.
Break lobsters' claws, and nuts to find
The meat that's in them hidden;
But never break the Temperance Pledge,
For that's a thing forbidden.
Break not a link in friendship's chain,
Break not your nose by falling,
Break not the broomstick o'er the heads
Of brats to stop their bawling.
Break not a window-pane or sash,
No shoe-strings or suspenders;
But break away from *tippling-shops*,
And shun all *toddy-venders*.
Break up a piece of ground to plant,
When all the ice and snow's off,
Then put an old *rum-bottle* in
Your field to keep the crows off.

NEW YORK MEDICAL GAZETTE.—By David Meredith Reese, No. 3.

We have not seen the first and second numbers of this medical journal, but, if we may judge by the number before us, its principal object is to show that Homoeopathic physicians are all knaves and fools.—*New York Evening Post*.

In this same publication, we find the following:—

GENUINE COD-LIVER OIL.—The introduction, a few years since, of Cod-Liver Oil, manufactured in a proper manner from the fresh Cod-Livers, having awakened the attention of our medical men to the subject, and created a demand for the article, (which at that time could not be obtained, as none of the pure oil had been prepared in this country,) we were induced to prepare some of it for our customers who wished to try it, and were the first to introduce the genuine article to the Medical Profession of New York and its vicinity; and although at that time there were many objections to its use, owing to the dark nauseous oil having been used with unpleasant effects in some cases, and total failure in others, it was faithfully tried in several cases with success so remarkable as almost to defy belief, thus giving rise to new trials, and establishing beyond doubt or cavil its great value as a therapeutic agent. Since we first introduced it, it has been extensively used by the Medical Profession, both in the city and country, and with decided success, in cases of Consumption, Chronic Rheumatism, &c., but, like all medicine much in demand, it is unfortunately adulterated and imitated to a great extent, and much disappointment will invariably result when patients are so unfortunate as to have the spurious article palmed off to them for the genuine. We ourselves lately examined specimens of Oil, sent by different manufacturers to the New York Druggists, as specimens of the pure Cod-Liver Oil, and upon testing them in the usual manner, found that so far from being pure, they did not contain one-fourth of Pure Cod-Liver Oil; and a great deal of oil has been made from the livers of other fish, and represented as pure Cod-Liver Oil.

NOTICE.—In future Our Oil will have our Signature over the cork of each Bottle or Can, without which none is Genuine.

We do not see the necessity of this new Medical Gazette, as there are already several *similar* publications, which serve the same purpose, namely, to advertise Cod-Liver Oil, and obtain practice for its proprietor.

In his "Humbugs of New York," Dr. David Meredith Reese, omitted to mention the fact, that he had been one of the principal players at this game. We think his new Medical Gazette will soon go where at least *some* who have taken his prescriptions have gone—"under."

INSANITY FROM THE USE OF CHLOROFORM DURING PARTURITION.—Dr. Webster related the following case, communicated to him by a professional friend, in consequence of perusing the *Lancet*, a report of the three similar circumstances he had mentioned at a previous meeting of the Society. Only one drachm of chloroform was used; but the effect it produced was so sudden and violent, that the patient, after inhaling, remained quite insensible, which greatly alarmed the attendants. With the insensibility there was likewise deadly paleness of the countenance; however, she slowly rallied, but had a painful and protracted labor. During several days subsequently, the lady continued in a very nervous condition, although not then actually incoherent, but she soon became so furiously maniacal as to require coercion by a strait-jacket. After being insane during many months, the patient gradually recovered her reason, and ultimately got convalescent. Considering it was only from accumulated facts and extensive experience that sound practical knowledge respecting the employment of chloroform in midwifery could be acquired. Dr. Webster then said he had related the present, as likewise the previous examples of insanity following its use, in order to contribute data toward that important object; and he availed himself of the present opportunity to state, that he should esteem it a favor if other practitioners would communicate to him any well-marked case of the same kind, with particulars, which they may have met during their practice, as he (Dr. Webster) was very desirous of collecting additional evidence upon this interesting subject, of course, on the express understanding that neither the patient's name should be divulged, nor the correspondent in any manner compromised, all such communications being considered strictly confidential in regard to individuals.—*London Lancet*.

THE WATER-CURE IN EAST GRANVILLE, MASS.—Two years ago this month, a single copy of the Water-Cure Journal found its way to this place. It came on an errand of mercy, and well has it

performed its mission. That single copy has been like seed cast into good ground. Not that it has increased its circulation "an hundred fold" among us, but because it has ameliorated human suffering, and led many, by its timely and judicious advice, to take that care of their health which is the only sure means of preserving it. But this is not all. The Journal has shown a more "excellent way" of curing acute diseases than to administer poisons. All things were formed for some useful purpose, but it is not reasonable to suppose that deadly poisons were ever intended to be administered to human beings to relieve distress.

Last spring, the scarlet fever was quite prevalent here, and, as is usually the case, secured to itself a number of victims from among the young. It is gratifying, however, to know that all the patients that received the Water Treatment recovered. This fact has induced a goodly number of persons to examine the subject, and we may reasonably hope that many more will, ere long, become converts to this easy, pleasant and effectual mode of preserving health and of curing disease.—P. L. BUELL.

Thus speaks a man whose opinions the public regard with respect, and whose truthfulness will never be questioned where he is known. Mr. Buell has for many years been engaged as a public lecturer on education, and on moral and intellectual science. We are right glad that the Water-Cure has attracted his attention. He will prove an efficient co-worker in advancing the good cause.

GOOD NEWS FROM THE MOUNTAINS.—Having decided to exchange the confinement of the city for the freedom of the country during the summer months, I took a few sample numbers of your excellent Journals, and started off; and here I am, 'mid the delightful scenery, the pure, invigorating air of the Green Hills of Vermont, the Switzerland of America. And though a *stranger among strangers*, yet I found many warm friends who were deeply interested in the progress of Physiology, Water-Cure, and Dietetic reform. There is a *strong "Call"* here for one of *Nature's Physicians*—can you not recommend one to come this way?

I have sold my trunkfull of books, and send you a long list of subscribers, (for the Journal.) Through the medium of your Journal, I return my heartfelt thanks, for the kind attention which I have received from our reform friends at North Bennington.

Yours, &c.,

E. L. BOYLE.

Bennington, Vt., July 15th, 1850.

Our friend Boyle is still in the country, traveling, and we will here just state, whoever may make his acquaintance, will be pleased with his company. He is modest, intelligent, and a highly moral man, and a reformer of the right stamp.

From the Water-Cure Reporter.
THE DYING CHILD'S LAMENT.

BY "MARIAN."

"MOTHER," said the feverish child,

"Give me to drink, I pray,
 Some water from the deep, cool spring,
 Round which I used to play.

"Mother, I burn with fire within,
 I surely shall grow wild;
 Give me water to cool my tongue,
 If still you love your child!"

"My child!" the frenzied mother cries,
 "O, ask not this of me;
 Cold water is forbidden drink—
 It would be death to thee."

"Mother, open the window then,
 And let me feel the air;
 This room's so close, I cannot breathe,—
 O mother, hear my prayer!"

"My child, demand ought else beside
 That love or wealth can give;
 They say I must shut out the air,
 As I wish my child to live."

"Mother, in that bright heaven above,
 Where good young children go,
 Do they drink of pure cold water there,—
 Say, mother, do you know?"

"And would they let me bathe my brow,
 And wet my parched tongue?
 If I wished to go there, mother,
 Would it be very wrong?"

"Mother, I think I'm dying now;
 My breath comes short and fast;
 'Twill be a sweet release, mother,
 To part with pain at last.

"Mother, place your soft, cool hand
 Upon my aching brow;
 Give me one last, long kiss, mother,
 For I am going now.

"Mother, I go, in that bright Heaven
 Forevermore to dwell,
 Where crystal flood and cooling breeze
 Are free to all,—Farewell!"

THE WATER-CURE JOURNAL IN OHIO.—Our friend H. F., of Stark county, testifies as follows:

"Each succeeding number of the Water-Cure Journal, seems to be an improvement on all the preceding ones. I could not afford to dispense with it, though it were to cost ten times what you furnish it for. During the past year I have seen more good results from the influence it exerts in pointing people to a simple and natural method of curing and preventing disease, than can be estimated by dollars and cents. The only objection that can be urged against it is, that it don't contain matter enough—one reads it through too soon; and when he turns over the last leaf, his only regret is that it is not the first. • • • The nature of the truth its

disseminates among the people is such, that there is no danger that they will become acquainted with too many of them, though there is danger that they may suffer from having a knowledge of too few of them. Then rain down the showers in double or even triple the quantities."

PRESCRIPTIONS IN LATIN.—A correspondent, alluding to the late case of a fatal mistake at an apothecary's store in this city, expresses a wish that a law might be passed prohibiting physicians to write prescriptions in Latin. We think it would be wiser to pass a law that apothecaries should not be permitted to put up medicines, who had not been thoroughly educated and duly qualified. But there are many who think with our correspondent. The New York Star says:—

The doctor writes "*Saccharum Saturni VI Gr.*" Six grains of sugar of lead. "*Sal Glauberi*," Glauber Salts. "*Cochleari amplum*," a large spoonful. "*Daurentis Pilula*," let the pills be gilt. "*Fiat venesectio*," to be bled. Give the medicine "*gelatina quavis*," in jelly. "*Harum pilularum sumenter tres*," let three of these pills be taken. "*Hora decubitas*," on going to bed. "*Oleum olivae optimum*," II oz. of the best olive oil. What a pompous display of classical lore; where would be the injury in saying as much in good substantial English? The law should compel physicians to write their prescriptions in the language of the country; there should be no mystery on the subject; every man should know what he is swallowing, and should not be murdered by ignorance or chance in taking the wrong medicine.

LECTURES ON THE WATER-CURE.—We are glad to learn, that many of our leading Water-Cure physicians, in several of the Eastern and Western States, are now preparing lectures, with a view of delivering the same during the coming winter; except through the Water-Cure Journal, there is no better way of disseminating a knowledge of the principles of Hydropathy, than by public lectures. We are not aware that this course has been adopted anywhere else except in the United States, and this may be one reason why it has spread with so much greater rapidity in this than in any other country. We have already left old Germany in the shade, so far as the number of converts to the Water-Cure is concerned, or we may, in truth, include all Europe. We already have a greater number of books on the subject, than can be found in all the world beside. Are not these things truly encouraging? Let us work on then in the good cause, until every inhabitant shall understand and apply these health principles to LIFE, HEALTH, AND HAPPINESS.

Every practitioner should become a public teacher, and thereby a benefactor.

HYDROPATHY vs. ALLOPATHY.—Mr. M—, of C—, having received a severe sprain in the knee, some four months previous to his coming to Graefenburg, Pa., during which time he had been treated by two of the most celebrated Allopathic physicians of his town; and through leeching, blistering, poulticing and rubbing with different ointments and liniments, he had almost lost the use of his limb, so much so that it was with the utmost difficulty he could walk even with the assistance of a staff, and the sprain getting no better, but rather worse, he came to our establishment on the 5th of July, and in four days, under the Hydropathic treatment, he could walk without assistance; and on the 15th of July, just ten days after, he went home, sound and well. So much for wet bandages, and the proper application of water.

TEA, COFFEE, AND TOBACCO.—Nine millions, sixty thousand, four hundred and forty-three dollars, was paid for coffee by the United States in the year 1849, and upwards of four millions for tea. \$1,720,306 was paid for tobacco imported from foreign countries. Thus we have paid in one year for noxious drugs, sometimes called luxuries, the sum of \$14,852,538, for that which has damaged our bodies, shortened our lives, and made many miserable indeed. Better save this money and build a railroad to the Pacific.

NEW WATER-CURE ESTABLISHMENTS.—B. W. F. writes us from Rockton that Dr. A. Christie has opened a large and commodious establishment, at Manheim, Herkimer county, N. Y.

The following have also been announced since our last:—

IN DAYTON, OHIO, BY DR. H. T. SEELYE.

IN HUDSON, IND., BY DR. R. M. EARLE.

WORDS OF ENCOURAGEMENT.—"You can hardly imagine how I glory in the Journal. Its freedom from cant, its fearlessness, its faith in common men, its determination to abide in the interests of the masses, its decision not to be made the tool or organ of cliques, schools, or sectional philosophers, make me grapple to it with hooks of steel. I hope your list, under the present volume, may increase over the last."

Thus writes a man who has for years been engaged in Civil, Moral, and Physical Reforms. Is not this encouraging?

TEA AND COFFEE.—Mrs. Nancy Ellis, of Foxboro', Mass., a lady of sixty-four years, in a letter giving her experience in Hydropathy, says:—In 1848, through the influence of the Water-Cure Journal, she discontinued the use of tea and coffee, and adopted the Hydropathic regimen, which, she thinks, has contributed to the complete restoration of her health, and recommends others to follow her example.

It is not common for people of her age thus to change their habits; yet, when they do, they deserve the greatest credit.

FIRST ANNUAL COMMENCEMENT of the Female Medical College of Pennsylvania, for the session of 1850-51. Situated in Philadelphia. J. F. H. McCluskey, Dean of the Faculty.

The object of this Institution is to instruct respectable and intelligent *females*, in the various branches of medical science; whose rights and privileges, upon receiving the degree of doctorate in this Institution, will not be inferior to those of the graduates of any other Medical Institution in this country, or in Europe. Having been chartered by the Legislature of Pennsylvania, during its session of 1849-50, an appeal is now made to an intelligent public, for that support and encouragement so necessary in the commencement of a laudable yet arduous enterprise.

AN IMPROVEMENT.—Agreeable to a suggestion made in the Water-Cure Journal, we find "among the proceedings of the Medical Society (regular) in Tennessee, was a resolution to *abolish the use of Latin in writing prescriptions.*"

We hope the next thing they will do will be to abolish Allopathic prescriptions altogether, and adopt the more *rational and natural* mode of cure, HYDROPATHY. It must come to this after we "wait a little longer."

TOBACCO.—The Alleghany Methodist Conference lately resolved, "that no minister shall be admitted to this Conference who uses tobacco in any of its forms, except as a medicine, and in that case satisfactory evidence to be given." The German physiologists affirm, that of twenty deaths of men between eighteen and twenty years of age in Germany, ten originate in the waste of the constitution by smoking tobacco.

DYSPEPSIA AND LIVER COMPLAINT.—C. C. Young writes us from Liberty, Ohio, that he has been treated successfully on the Hydropathic system, and completely cured of a long seated dyspepsia and liver complaint.

BILIOUS FEVER.—Dr. R. F. Clover, of Sandyville, Ohio, reports several cases of bilious fever in this place, all of which have been treated and cured by water alone.

TOBACCO—A PROTEST.—The Mayor of Lowell, in a recent address to the high school, took occasion to charge the scholars by all means to avoid the use of tobacco, in any form. A very proper injunction, indeed, and of great importance in these

days, when smoking has come to such a universal habit that every boy is in danger of falling into it. Smoking is doubly vulgar when practised in the streets. In the city of New-York you cannot walk the streets without encountering, at almost every step, a living nuisance, in the shape of a man or a boy puffing a cigar. Boys ten years old may be seen strutting in all the pride of accomplished smokers.—*Mass. Cataract.*

GRAEFENBURG WATER-CURE.—This establishment is situated in Adams county, Penn., at the base of the South Mountain, ten miles and a half east of Chambersburg, and fourteen miles west of Gettysburg, with ages running from both places, and has been in successful operation for about two years: It is under the management of DR. SAMUEL MATTIN.

NOTICES.

THE SIZE AND PRICE OF THE WATER CURE JOURNAL.—The decision of our friends and subscribers, thus far, with very few exceptions, is in favor of our present terms, NAMELY, single subscriptions \$1.00 a year, or in clubs of twenty and upwards, 50 cents a year. It will be observed that the Journal now contains *six times* more matter than formerly; yet the terms are the same. When our subscription list was small, we could not afford to furnish so large an amount of matter, as now, for this price, yet as our subscribers increased, we were obliged and enabled to enlarge our borders, and now we present our readers with an extra number of pages of the choicest matter, and the whole number, each month, will be found as "plump as a partridge."

SUBSCRIBERS will therefore understand that our terms will remain the same as now, instead of being increased. Under this "condition of things," we shall look to our friends for renewed exertions in extending the circulation of the Journal. CLUBS should be formed, where a single copy is now taken. We know a good number of choice spirits, and co-workers, who will respond to this hint, in the shape of LONG LISTS OF NEW SUBSCRIBERS. Let us have a Hydropathic READING CIRCLE in every neighborhood, we can then wash all the COD LIVER (WHALE) OIL out of the market, and substitute therefor "PURE WATER, with instruction for its PROPER application in ALL CASES, AND IN ALL DISEASES."

THE Phenological and the Water-Cure Journals are before us, both containing an unusual amount of interesting matter.—We wonder they do not meet with a larger circulation in this State. No works are doing so much to enlighten man relative to himself, and the best means of preserving his health, as these—Fowlers and Wells' New York publishers, price one Dollar a year each.—*Portland, Maine, Religious Instructor.*

Why! man alive, you surprise us; we will venture a year's subscription for FIVE HUNDRED copies, of either of these Journals, that we have a larger circulation in YOUR OWN STATE, than any other periodical printed out of your State.

We should be ungrateful, indeed, did we not acknowledge our obligations, when we find so MANY excellent friends ready and willing to "put their shoulders to the wheel," and carry forward triumphantly the causes we advocate; nor do these remarks apply to the friends in the State of Maine only

There is a unanimous voice throughout the land, amongst ALL who are acquainted with these works. Many thanks to the REV. WILLIAM SHAW, of the Religious Instructor, for frequent expressions of approbation, and substantial aid and co-operation, in these and other good causes.

A MODEL LETTER.—Seldom have we received a more perfect and satisfactory letter in every respect, than the one from which we copy the following.

WATERLOO, PULASKI CO., KY. }
July 24th, 1850. }

MESSERS. FOWLERS AND WELLS, }
New York City. }

Gentlemen,—Inclosed you have my check for \$50, which entitles me to ONE HUNDRED copies of the Water-Cure Journal, and FOUR PREMIUMS. Please send the Journals to my address by mail, and the Premiums by express.

Hoping to hear from you, by return of mail,

I remain truly your friend and co-worker,

JAMES W. SCOTT.

STRAWBERRIES.—The New England Farmer, pronounces Newland's Alpine Strawberry, "a humbug," and notices at length, many varieties, which he regards greatly superior. Amongst others, he names the following, "Early Virginia Large Early Scarlet, Boston Pine, Willey, Jenney's Seedling and Hovey's Seedling." These, Mr. Cole considers quite superior to other varieties.

THE SCIENCE OF SWIMMING. Since the publication of this illustrated guide, thousands have learned to swim, and many have become sufficiently expert to perform various remarkable feats.

MR. GEORGE WILLIAMS, of Buffalo, writes us that his two sons, one nine years of age, and the other eleven, have both learned to swim, through the instruction given in this little work, published at the Journal Office, price only 13 1-2 cents, and may be sent by mail. All should learn to swim, and especially those who travel by river, lake, or sea.

THE LADIES.—Our most efficient co-workers in the Water-Cure reform, are to be found amongst our WOMEN. Mrs. A. B., of Cummington, Mass.; Miss E., of N. Adams; Mrs. A. of Worcester; Mrs. O. F., of Dexter, Me.; and a host of others all over the land. Go on, good women, your reward is certain.

IN NEW BOSTON, ILLINOIS, the Water-Cure has taken hold of the affections of the people in good earnest, through the influence of our friend BRURY; we have received several lists of subscribers, which will put to rout all the drug doctors who may presume to stand in their way.

THE WATER-CURE JOURNAL, as regular in its visits as daylight, and we were going to say, almost as useful. Certainly every intelligent and judicious reader of it will be ready to confess his obligations to its wholesome suggestions.—*The Family Journal.*

"TWO WEEKS LATER FROM STEPHENTOWN."—Our excellent correspondent, WILLIAM CLARK, (you all know who he is) has sent us two hundred and seventy-one subscribers since last August 18th, 1849. He has no doubt but what he will reach five hundred before the end of the year.

WANTED, AN AGENT for the Water-Cure Journal, in New Bedford, Mass. Mr. D. H., writes us, that an intelligent canvasser, can obtain a very large number of subscribers in New Bedford. Who will undertake this good work?

G. H. F. suggests that we establish an agency for our publications in New Haven, Connecticut, and names E. Downs as a suitable person. We shall be glad to hear from Mr. Downs.

THE WATER-CURE JOURNAL looks remarkably well, and is most remarkably well edited.—*Peoples' Journal, Reading, Pa.*

ISAAC SHERMAN, we send Journals, with premium, as you requested. Accept our thanks for your good efforts in introducing the Journal amongst your friends.

NOTICES TO CORRESPONDENTS.

W. H. C.—We can give you no specific directions in regard to the application of the Water-Cure to the treatment of your horses. There is no doubt, however, but what many of the diseases which afflict horses are quite similar to those common to man. Hence we should say—"Apply the same remedy, in the same way." We hope our farmers will try the Water-Cure upon their animals before resorting to other remedies. We have heard of several Water-Cure cases, which have resulted favorably, when applied to animals. See pages 100 and 140, Water-Cure Journal for 1849.

BATHING HOUSES.—J. H. H. wants to know how to construct a family bathing house. There is no particular plan published to which we can refer. But any plan is good enough, if it has the requisites of convenience, and plenty of pure water. If the fountain is high enough, it is easy to construct a reservoir overhead, for showers and douches. For a family plunge, the common bath-tub, or a square-box, three or four feet square, does very well; or larger, if one has the room and the fancy for it.

SALERATUS.—A. F. wants to know our opinion of saleratus as an article of cookery. It is bad—very bad. Canker in the mouth, ulcerated bowels, weak stomachs, and bad blood are its ordinary effects. The best raising materials for those who will use acids and alkalies of any kind are, super-carbonate of soda and sour milk.

P. H. H., M. D.—We had marked your article, "Inquiry," for the present number, but, finding the "same thing," verbatim, in another publication, we must decline it. We shall be glad to receive articles prepared *exclusively* for the Water-Cure Journal, except in extraordinary cases, when they may appear simultaneously.

H. K. KENDALL.—Your dyspepsia would be overcome faster if you should discontinue fish. Wheat meal biscuits and good apples are among the best dietetic articles; although you may indulge in every reasonable variety of fruits and vegetables. Use an ablution, on rising, and one or two sitz baths daily.

A. L. A. writes us from Petersburg, Va., saying, "If some Water-Cure physician would locate in this place, I would be glad." There is no doubt but what this would be a good field for operation. Who will occupy it?

M. E. M., CERESEO, Wis.—There is no doubt but what a large quantity of our publications might be sold in your place. We hope to hear from you again.

Mrs. R. H. B.—Yours, with \$5, and the names of subscribers, was duly received, and journals sent as requested. We presume all will be right.

C. P. C., MOUNT STERLING, Ky.—Thank you for your "experience." It confirms ten thousand other similar statements. You are evidently on the right track, so "Go ahead."

VARIETIES.

OSWEGO.—A correspondent of the Boston Evening Transcript says:

"This place, you know, is on the margin of Lake Ontario. Fort Ontario is here, and, while I write, its deep toned cannon are uttering paeans to the memory of the late President. In Oswego, as well as everywhere in this section, there is a feeling of profound sorrow at the death of Gen. Taylor."

It will be remembered that General Taylor visited this city in September, 1849.

"Oswego numbers about 15,000 inhabitants, and the hotels and churches are numerous. No one visiting Niagara Falls, or Montreal and Quebec, should fail of taking Oswego on their way going or returning. It is one of the most pleasant and peculiar cities on this continent, and is destined to be second only to New York. I shall spend a few days here, enjoying the beautiful rides in the vicinity, and the lake scenery. Ontario is a sublime inland sea, and floats numerous fine steamers, in which passengers are conveyed to and from this port. It affords capital bathing, being shallow at the margin, with a smooth rocky bottom. I have had a magnificent swim in it. Many ladies and gentlemen repair hither for the same luxury. Trees and gardens decorate every house.

"The mainstay is the flouring business. The Oswego river runs from the heights in the rear directly through the city, and empties into Lake Ontario. On both sides of this very serviceable stream, and jutting over it conveniently for lading and discharging vessels, are 17 or 18 immense flour mills, which can grind and put up for the market, in the aggregate 8000 barrels of flour daily.

"It is a curiosity to see what a small matter any one of these makes of loading or unloading a large cargo of wheat or corn, by means of a machine called an *elevator*. It would elevate a Bostonian's ideas of Western despatch to see it. With it, two men can transfer, in a single day, 2500 bushels of corn or wheat from the hold of a vessel on the deck to the bin in the seventh story of the warehouse. How long would it take to do this without the machine?

"If you have any invalid friends seeking more healthy locations, send them hither by all means. No spot could be more salubrious in itself, and it occupies a central position between New York City, Saratoga, Niagara Falls and Quebec. Board is much more reasonable here than in Boston. I regret that I shall be compelled to leave so soon. It is hallowed by innumerable memories and traditions of the Aborigines, varying, in many respects from those handed down to us in Massachusetts."

By a small outlay in fitting up more commodious hotels, Oswego may become one of the principal places of resort in the United States. When the Hudson River railroad is completed, we shall be less than ten hours in going from New York city to Oswego.

JENNY LIND'S VOICE.—It is difficult to describe that peculiar quality of *tone*, which renders Jenny Lind's voice unlike that of any other singer. Many female artists may boast of a stronger voice—stronger in the sense of its capability of producing louder sounds. But, as far as strength denotes the power of sustaining great exertion, without exhausting brilliancy of tone, Jenny Lind's voice is naturally as strong as the most exacting critic of the modern Italian school could desire. It is certainly incapable of delineating excessive rage or violent passion; and if such be the highest achievement of the singer's art, Jenny Lind must yield the palm to Grisi, Catalani, and many of her predecessors. But in the expression of hope, joy, or grief, no tones of human voice or instrument can compare with those of Jenny Lind. They penetrate the inmost recesses of the heart, and touch, insensibly, that mysterious chord in our nature, the vibration of which causes the gushing tear to flow involuntarily. There is an inexpressible tenderness in her voice; it is so sympathetic with the genuine feeling of a loving and affectionate nature, and it harmonizes so well with her appearance, that the enraptured listener, unknowingly, connects the voice of the public artist with the character of the private individual, and, touched by the one, is taught, insensibly, to love the other. Thus it is that, in passages expressive of prayerful entreaty or profound emotion, Jenny Lind is supreme. No one can so exquisitely portray the delicate shades of sentiment, or the ever varying emotions of love. And yet it must not be supposed that that soft voice is unfitted for melodies of a more joyous character. The crisp silvery quality of her upper notes, and her unrivalled power of modulating them, and sustaining and attenuating a note until it dies away in the lowest possible whisper, enable her to produce some of her most startling effects. It is this perfect command over the resources of her voice, and the spontaneity with which it responds to every caprice of the seemingly inspired singer, which are sure to elicit the first expressions of the listener's surprise. With all this extraordinary power of art, however, it must never be forgotten that the intellect is paramount, and that, sweet and beautiful as is the voice with which God has gifted her, it is to the poetry of her mind, and her fine perception of musical expression, that Jenny Lind is indebted for her renown.—*Exchange paper.*

This angelic singer is now on her way to our shores, to rejoice the hearts of thousands who will flock to hear her.

FREE SCHOOLS IN THE STATE OF NEW YORK.—Nobly have the secular presses, and all liberal minded, generous-hearted men of this State come up to the great work of "EDUCATION FOR ALL." Every MAN, who has the interest of "the people" at heart, will "go in" for FREE SCHOOLS. We hear, occasionally, of an ignoramus, or a selfish numbskull, who is opposed to this great reformatory movement. Such fellows, who have but one leading trait of character, and that, love of money, are unfit to live in a civilized community, and ought, at once, to make tracks for some barbarous country. Do not these stupid "John Donkeys" know, that, just in proportion to the intelligence of the people, will the value of their property be increased, crime diminished, and the general prosperity of all augmented?

It has been said that those with but few, or no children, with large estates, will, under the present law, be compelled to help to educate the children of poor, and, perhaps, drunken parents.

Well, suppose they do. Are they not able? and may they not as well use their money for the education of these poor

children, and thus fit them to become useful citizens, as to pay out the same, or, probably, a much greater amount, for their support in prisons and poor houses? Give our children an education, which, under our republican institutions, EVERY child is entitled to, especially while we, as a nation, are blessed with all the ordinary comforts of life, and you will give them the power of "SELF RELIANCE," which will secure, in nine cases out of ten, good citizenship from all our offspring. Shall, then, this boon, which would be to them, and our nation, so beneficial, be denied them? We hope not. All this croaking, about the infidel tendency of Free School education, is totally unworthy a moments' consideration. Nor is this the cause of their pretended disapproval, yet it is urged, on account of its supposed "scare crow" qualities. Away with such excuses. None but those who are ignorant or penurious would make use of such an argument, or be thus frightened from a good purpose. It is an easy matter to cry wolf, wolf, but not so easy to prove their proximity.

Give us FREE SCHOOLS, and a happy, intelligent, and prosperous people will be the result. Let the pass word be, FREE SCHOOLS, and EDUCATION FOR ALL!

THE NEW YORK INDEPENDENT; A NEW SCHOOL Presbyterian newspaper, on the *old school* NEW ENGLAND PURITAN.—It was alleged by the Puritan "that Rev. H. W. Beecher, in a recent sermon, had taken ground against the doctrine of Election, as understood by him to be taught by the Westminster divines, and 'by some ultra champions in our own land.'"

"We pass, then, to consider the alleged error of Mr. Beecher; whom, with an easy valor, in his present European absence, the Puritan and its correspondent have selected for their attack."

The Independent then goes on to examine the charges, and winds up as follows:—"It is a very significant and noticeable fact in this matter that even this evidence of what it has called our unsoundness of faith—paltry, patched, miserable as it is, gotten at second hand, and insignificant at that—was not before the editors of the Puritan, when they made their sweeping and indecent innuendos. It is a mere fetch, to cover a retreat which they know to be ignominious. It is a clutch at anything, to justify their slander. We have no hesitation, therefore, in branding their original statement as intentionally false and mischievous; the dictate of a covetous malice, which, in this instance, has overreached itself. And we are only sorry that the orthodox name has to bear the reproach of so mean a wickedness."

This is almost as sharp as some of our allopathic "brethren" become, when we take occasion, *mildly*, to correct their faults. We think the *spirit* and *energy* of the Independent indicates HEALTH and VIGOR, while the *whining* old Puritan acknowledges its weakness; but they should not quarrel.

SYRACUSE IN DANGER.—A new book has just been put forth by a citizen of Syracuse, of which the title page, to say the least, is somewhat novel and startling. It is this:—

THE DOOMED CITY OF THE VALLEY, or reasons for believing that the city of Syracuse will eventually sink, as did Sodom and Gomorrah, on account of the quantity of saline water taken from its base for the use of the salt manufactories.

The writer is said to be a salt manufacturer, who has paid considerable attention to the philosophy of salt licks, and who

as the results of his studies, announces that the city of Syracuse is placed immediately above a vast salt deposit, which is constantly dissolving by the action of water, so that, at some time or other, it must sink below the earth. In that case, we may add, that the inhabitants, unless they make their escape in time, will get well pickled. How the author learned that Sodom and Gomorrah sank into a salt pit, we cannot say, as we have not read his book.—*N. Y. Evening Post.*

BOSTON ABOUT TO BE SPIRITUALLY RAFFED.—One E. G. Cutter, who has had some experimental connection with "biology" and its kindred spiritualities, recently visited New York for the purpose of investigating the engagements, predilections, and possibilities of the "mysterious knockings," which have been, for some time past, assailing the gold of Gotham. While there, in communication with some departed friends, he gained a promise that their ghostly company would make an excursion to this city. Since his return, those defunct worthies have twice manifested their presence at his house, and they are only waiting for him to secure convenient rooms before favoring the gullible ones of Boston with all the information upon love, matrimony, &c., &c., which they are willing to pay for, at the moderate sum of one dollar an interview. Query—Why cannot these spirits be paid "in their own coin," and be satisfied with a "Phenix bank-bill," or an old "continental" shipplaster, which, we take it, are the ghosts of departed dollars?—*Boston Correspondent of the N. Y. Independent.*

WHAT THE SPELLING REFORM (PHONOGRAPHY) WILL LEAD TO.—The *Boston Chronicle* observes,—"We think there can be little doubt but that the example of England in the revision of its orthography will, sooner or later, be generally followed by European nations. That a wonderful facilitation in the acquirement of languages will be the consequence, is beyond question. A freer and more extended intercourse of nations cannot fail to result; and thus, in process of time, as nations commingle, it may perhaps come to pass that a common medium of intercourse—a common language—may be agreed upon by the inhabitants of civilized countries, realizing the anticipations of poets, philosophers, and divines, in the establishment of a Universal Language—"one of the great desiderata," observes Sir John Herschel, "at which mankind ought to aim by common consent."

HOW TO EAT GRAPES.—Few people know how to eat grapes. Some swallow pulp, seeds, and skin; others swallow *only* the pulp, ejecting both seeds and skin.

In a conversation with Dr. Underhill on this subject, he advised that it would be well to observe the following rules, namely: when in health, to swallow *only* the pulp—when the bowels are costive, and you wish to relax them, swallow the seeds with the pulp, ejecting the skins. When you wish to check a too relaxed state of the bowels, swallow the pulp with the skins, ejecting the seeds. Thus may the grape be used as a medicine, while, at the same time, it serves as a luxury, unsurpassed by any other cultivated fruit.

A man or woman may eat from two to four pounds of grapes per day with benefit. It is well to take them with, or immediately after, your regular meals.

FREE SCHOOLS AND POPERY.—The editor of the *Free man's Journal* says that of every hundred Roman Catholic children educated in the United States, ninety-eight may be set down as a clear and certain gain to the Devil! Such are his words—nothing more, and nothing less.—*Independent.*

The editor of this falsely-so-called *Freeman's Journal* is sick, and has been unwell for a long time past. Is it at all strange, then, that he should curse, swear, and scold? The poor fellow has been blowing away against "Free Schools" for months, until those, who were once his friends, have become disgusted with him. We do hope somebody will persuade him to "stop drinking," chewing, or smoking, and go straightway to a Water Cure Establishment, where he may be cured.

THE REVEREND MATHEW HALE SMITH, of Boston, formerly preacher in Marlboro' Chapel, has entered the office of Mr. Choate as a law student. We think his success will be certain, as he is well adapted to the legal profession.

It will be remembered that a public controversy was held between the REVEREND MR. SMITH and HORACE MANN, sometime since, in regard to rolling nine pins. We do not remember the result of this controversy, yet think Mr. MANN "made a ten strike."

RELIGIOUS REFORM.—A meeting was held lately in Philadelphia, by a number of German Catholics, in the Chinese Museum buildings, for the purpose of forming a new "Free Catholic Church," the principal features of which were rejection of the supremacy of the Pope; abolition of the Confessional, and the adoration of images, and the celibacy of the priesthood.—*New York Sun.*

After all this, what will remain of the Roman Catholic religion?

IMPORTANCE OF CORRECT PUNCTUATION.

Woman: without her, man would be a savage.

Woman, without her man, would be a savage.

BOOK NOTICES.

MOORE'S WESTERN MAGAZINE. A. MOORE, MRS. H. G. MOORE, Editors. A. Moore, Publisher, Columbus, Ohio. Terms: \$1 50 a year, in advance.

The Editors say:

"We believe that there is not, at the present time, a single Magazine issued from the Western Press, which is not under the control of some sect or party. The question has often been asked—'Can a literary Periodical be sustained in the west, and if so, why is there not one published?' We believe the time has come when one must be sustained. We believe that western men are willing to encourage and patronize western industry, and that our men of talent are willing to use their pens for the advancement of sound literature and science. We believe that the moral and religious part of the community will rejoice to see a monthly Magazine established, which they can safely recommend to their children and friends, without the hazard of cultivating a taste for worthless and pernicious novels.

"Moore's Magazine will be issued monthly, and contain 32 pages of original matter, from the best western writers. It will be filled with the choicest literary and scientific matter, entirely free from love-stories, romances, political and sectarian bias."

Thus speaks the Western Magazine in its first number. The future must prove the result of the enterprise. There certainly can be no want of talent in the west, only of combination. Secure this, and success will be certain.

THE NIGHT SIDE OF NATURE; or, Ghosts, and Ghost Seers. By CATHERINE CROWE. New York: J. S. Redfield. Price \$1 25. For sale at the office of the Water-Cure Journal.

This is undoubtedly the most remarkable book of the month

and cannot fail to interest all classes of people. It is a beautiful 12mo volume of about 460 pages, printed in the most readable style. Our own views of this work are expressed in the following notice, from the Boston Transcript :

"In this remarkable work, Mrs. Crowe, who writes with the vigor and grace of a woman of strong sense and high cultivation, collects the most remarkable and best authenticated accounts, traditional and recorded, of preternatural visitations and appearances. Her object is inquiry ; and, to induce capable persons, instead of laughing at these things, to investigate them carefully and humbly.

"It is the belief of Mrs. Crowe, that there is a large class of persons among the most enlightened of the present age, who are beginning to believe that much which they had been taught to reject as a fable, has been, in reality, ill-understood truth. 'The pharisaical scepticism which denies without investigation is quite as perilous, and much more contemptible than the blind credulity which accepts all that it is taught without inquiry ; it is, indeed, but another form of ignorance assuming to be knowledge. Our intellects are no measure of God Almighty's designs.' Those persons who believe in the Rochester knockings will find many incidents related here, which throw them quite into the shade."

THIRD ANNUAL ANNOUNCEMENT OF THE HOMOEOPATHIC MEDICAL COLLEGE OF PENNSYLVANIA. Session of 1850-51. Philadelphia : Union Office, Twelfth, above Spring Garden street.

This announcement says :

"A large commodious building, located in Filbert street, above Eleventh, has been obtained for the use of the College. It has an amphitheatre and lecture rooms, a large room for the museum and reading room, and a large well ventilated room for anatomical purposes, under the supervision of the Professor of Anatomy. The institution may now be regarded as permanently established, and in a flourishing condition."

A list of very respectable names appears in the list of professors.

"The winter course of Medical Lectures will begin annually on the first Monday in November, and end about the first of March ensuing."

Preliminary Lectures will be delivered in the College from the first Monday of October, until the commencement of the regular course.

THE ILLUSTRATED DOMESTIC BIBLE. By the Rev. INGRAM COBIN, M. A. Published in numbers, at 25 cents each, by Samuel Heston, New York.

"The distinguishing features of this Bible are seven hundred wood engravings, many thousand marginal references, three finely executed steel maps, numerous improved readings, a corrected chronological order, the poetical books in the metrical form, an exposition of each chapter, containing the essence of the best commentators, with much original matter by the Editor ; reflections drawn from the subject of the chapter, and giving, in a condensed form, its spiritual import ; questions at the end of each chapter for family examination ; dates affixed to the chapters for each morning and evening reading, comprising the whole Bible in a year."

THE BOOK OF HEALTH ; OR, THE LAWS OF LIFE. By THOMAS M. LANG, M. D. Cincinnati : P. Bly. For sale at the Journal Office. Price 25 cents, mailable.

Such is the title of a 12mo volume of some 120 pages, with

a few physiological illustrations. We have not yet read the book, and can, therefore, give no opinion in regard to its merits.

In the table of contents we find the following subjects discussed :—"Structure and Functions of the Human Body—Respiration—Consumption—The Skin—Nutrition—Digestive Organs—Locomotion—The Muscular System—Exercise—Recreation—Beauty—A Word to Parents, etc. ; together with elaborate remarks on each point. Those who buy the book will, doubtless, get the worth of their money.

HUNT'S MERCHANT'S MAGAZINE, monthly. New York : FREEMAN HUNT. Terms : \$5 a year, in advance.

This is undoubtedly the best statistical work published in the United States, and should be patronized by every business man. A single article in the August number, on the management of railroads, is worth a year's subscription.

Let those who are too poor to pay for a copy, club together in every neighborhood, and thus obtain the best business magazine published.

THE INDUSTRIAL EXCELSIOR.—Mr. J. A. Somerby, of Waterbury, Vt., proposes to publish, in place of the *Free Mountaineer*, a weekly newspaper, with the above title, devoted to the interests of the workers of Vermont in particular ; News, Free Discussion ; Agricultural, Literary, Mechanical, and Miscellaneous Reading. Terms : One Dollar a year.

With objects so obviously useful and important, we hope he may succeed.

AERIAL NAVIGATION, and the Patent Laws. By WILLIAM SHELDON. Boston : Thurston, Tony & Co., Printers.

A beautifully printed octavo pamphlet of 40 pages, with several illustrations.

"It is proposed to employ (instead of the expansive force of steam) the expansion caused by the combustion of atmospheric air."

The facts, in regard to this power, are exceedingly interesting.

We do hope *somebody* will complete this aerial machine, for we do wish to take a ride, and have not time to go by steamboat or railroad. Where are all the Yankee inventors ? We have no faith in Sham-Paine or Porter.

THE BROOKLYN DAILY FREEMAN, the only morning paper published in the city of Brooklyn, seems to be in a healthy condition. It has got on a new suit, with a hat for its head, which we very much admire. The Freeman is liberal, spicy, and well managed. Published by EDWIN R. CALSTON, at 291 Fulton street. Terms : One cent a day, six cents a week, or \$3 a year.

YOUTH'S MONTHLY MAGAZINE. Edited by JOHN G. ADAMS. Published by J. M. Usher, Boston, Mass. Terms : \$1 a year.

A very neat little 12mo. of 48 pages, with illustrations. It is a religious publication, and will, doubtless, receive a liberal and extensive patronage.

THE FARM. By M. L. WILCOX, of Glasgow, Ky.

We have seen favorable notices of this work. If the author will forward us a copy, we will not only be "very much obliged," but will remunerate him liberally for the same. Please direct to the WATER CURE JOURNAL, N. Y.

THE WATER-CURE JOURNAL.

MEDICAL MISCELLANIES---No. 1.

BY T. L. NICHOLS, M.D.

INTRODUCTION.—There are many little matters—odds and ends of medical observation and experience—not worth making the subject of an article, perhaps, but which may be profitably compressed into a paragraph; and a string of such paragraphs may make a useful kind of ammunition—as grape or canister may be better in some cases than round shot; giving a better chance of hitting the mark, if they individually do less execution. All I have to do, is to jot down my observations at any odd hour through the month, and then string them together when the JOURNAL is ready to receive them. In this way I may turn even leisure moments to good account; the readers of the JOURNAL, now a swelling host, and scattered everywhere, if they are not edified, will not be bored; and if my matter in this series has no other merit, it will possess those of brevity and variety.

NAPOLEON'S OPINION OF MEDICINE.—"Believe me," said Napoleon to Antonomarchi, an Italian physician with whom he often conversed,—“believe me, we had better leave all these remedies. Life is a fortress which neither you nor I know anything about. Why throw obstacles in the way of its defence? Its own means are superior to all the apparatus of your laboratories. Corvisart candidly agreed with me that all your filthy mixtures are good for nothing. Medicine is a collection of uncertain prescriptions, the results of which, taken collectively, are more fatal than useful to mankind. Water, air, and cleanliness are the chief articles of my pharmacopœia.”

And yet, this great man, who saw so clearly and reasoned so profoundly, fell a victim to the doctors at last, for he died of cancer of the stomach, aggravated as it always is, if not actually caused, by poisonous medication. So Byron, who held similar opinions, fell a victim to allopathic butchery, even while he protested against it with his last breath. So Washington was murdered scientifically, and Harrison, and now General Taylor, the hero of Palo Alto and Buena Vista, is conquered by the doctors; he whom the sword had spared perished by the lancet; what gunpowder could not accomplish was done by calomel and quinine; and a bevy of doctors, with a few prescriptions, have done what Santa Anna and his armies attempted in vain with all the munitions of war.

ALLOPATHIC HYDROPHOBIA.—Some of our allopathic friends are becoming so violently opposed to the Water-Cure, that they will not use the li-

quid element, even for the purposes of cleanliness. The Boston Medical and Surgical Journal, in an editorial article on “The Abuses of Bathing,” says: “In our opinion, once a week is often enough to bathe the whole body, for the purpose of luxury or cleanliness. Beyond this, we consider bathing injurious.”

Here is a fine sample of medical intelligence, decency and refinement for you—a man that washes himself once a week! Such a fellow ought to lay in a good stock of cod liver oil, and establish himself among the Esquimaux.

A SERIOUS ERROR.—The *Tribune*, in its frequent, and in many respects, excellent articles on the health of the city, often speaks of the hot weather, and fruit being the cause of summer diseases. It is an old saying, that “unripe fruit is not wholesome;” but there is no warrant for the assertion, that the use of fruit increases our summer mortality. On the other hand, there is reason to believe that, without fruit, it would be much greater. When the heats of summer come, and the blood is fevered, and the air poisoned with filth, nothing is more grateful or more useful than juicy, cooling, refreshing fruit; and, instead of its being forbidden to children, they should be encouraged to make it their chief nutriment. Fruit may be used imprudently, but on the whole, it does much more good than harm, and so far from causing dysentery, it is one of the best things that can be given for its cure.

A CITY WANT.—Our city rulers are no physiologists. They make little provision for the stomach or the lungs. Those who want good food must use their own judgments in buying—those who want pure air must go where they can find it. There is another organ, almost as important, and quite as indispensable as the stomach or lungs, for which they have made no provision—the bladder. An incalculable amount of disease and suffering is occasioned by the over distension of this organ, consequent upon the total absence of such conveniences as every civilized city should furnish. There is but one of this kind in the whole city of New York. The Common Council built that close by the City Hall, for their own convenience; but quite forgot that there were a few hundred thousand people, just as liable to disease as themselves.

In Holland, such necessary matters are attended to in a curious and original manner, for particulars of which see some good book of travels, and “when found, make a note of them.” There are, however, certain conveniences and decencies which belong to civilization, and which should be especially attended to in hotels, steamboats, and

railroads, and the lack of which is utterly inexcusable. No boat or hotel will be patronized—used is the better word—a second time, which is deficient or uncleanly in these particulars.

LATIN PRESCRIPTIONS.—Strong efforts are making to compel physicians to write their prescriptions in plain English. It is of no use. The Latin is a part of the system. If prescriptions were written in English, people would be afraid to take some, and others would seem too ridiculous to be taken. We have seen *bichloride hydrargyri* given in scores of cases where the patients would have shrunk from taking corrosive sublimate. But with a vast number the Latin gives the chief virtue to the medicine. A poor Irish woman, in this city, who could not read, went to a doctor and got a prescription for her child. Showing it to a friend, before going to the apothecary's, he read it to her. "Sure and that's not Latin!" said she. "Of course not—its English—plain enough." "The devil fly away wid it," said she, "I'll not have it at all, at all!" And off she went in high dudgeon to another doctor who gave her the same prescription, written in the magic Latin. The people are, for the most part, worthy of the doctors; and the doctors are worthy of the people. With ignorance on the one hand and imposture on the other, the law of supply and demand governs the medical world as well as the commercial.

ANOTHER VICTIM.—John Inman, late editor of the Commercial Advertiser, a brother of Henry Inman, the painter, died, a few weeks since, in this city. The Day Book says he was the conscious victim of a long series of bleedings and purgations, which gradually brought his existence to a close in the meridian of life. He was sensible that the doctors were killing him by inches, but he was too strongly wedded to all sorts of orthodoxy, not to prefer dying under the regular practice to having his life saved under any other. There are many such people, and when they have all been killed off, *secundum artem*, the world will make more progress, and the doctors less.

I say *the doctors less*, for we hydropathists will last little longer than the allopathists, as by the time we have killed them off, and mended their mischiefs, the people will be wise enough not to require doctors at all. "Amen and amen."

PERILS OF HOMCEOPATHY.—The delicate doctrine of infinitissimals gets sadly antagonized in a great city. On every corner is a drug store, which it is impossible to pass without inhaling medicinal odors enough to neutralize a bushel of globules. Every highly perfumed lady is a deadly foe. A tobacconist may be given a wide berth, but there is no escape from cigar smoke. However it may be in the country, homceopathy in the city is an utter impossibility. Suppose a patient were to take one of Hahnemann's favorite doses, two smells at a single globule of the thirtieth dilution, every seven or fourteen days; the very next breath might contain something which would entirely neutralize its virtues. We do not deny the action of homceopathic remedies;

oh! no; but these practical difficulties, make us prefer a system of more certainty, if of less refinement.

ANOTHER PATHY.—There is an association of Penticostal Christians, having all things in common, in Oneida county, in this State, who have a medical system, which they contend is even superior to hydropathy. It is what they call the Faith cure; or the relief of bodily diseases by the action of religious zeal, hope, and trust. There is no doubt of the efficacy of these mental emotions. Medical experience, in all ages, has shown that almost all diseases have been cured by the exercise of faith on the part of the patient; and all religions have miracles of this kind without number. The beauty of the water cure system is that it first inspires faith, and then the faith joins with good works in effecting the cure.

CHILDREN HAVE LUNGS.—This fact is either not known to parents, or very little regarded. The first thing a baby wants, is fresh air, and a plenty of it. From the moment a child is born, it should have air and light; and neither be shut up in a close, darkened room, nor have its head covered up in a blanket. The other morning, making my first call on a lady, after her confinement, I saw a heap of blanket lying in a rocking chair beside the bed, but there was no baby in sight. When I inquired for the new-lly arrived, the nurse came, and after taking off fold after fold, there at last was the poor, little, half smothered baby gasping for breath. Mother and nurse got a lecture that time. Returning in an omnibus, a pretty woman got in with her babe completely enveloped in its blanket. Perhaps it was none of my business; but I think it was. The babe had as good a right to breathe, and to have the purest air to be had, as anybody; and as there was nobody else to take its part, I did. "Madam," said I, "you are smothering that child." She smiled and shook her head—she didn't believe a word of it. "You are making it breathe its own breath over and over; and no air is fit to breathe but once. It needs fresh air as much as you do. I am a physician, and I can't let you make your child sick." She uncovered the baby's head; it took a long breath, and if it had been old enough to talk, and been up in its manners, it undoubtedly would of said "thank you, doctor."

FOOD FOR INFANTS.—No mother would feed a child on the milk of a sick cow, if she knew it; but is there any reason to suppose that the milk of a sick woman is more healthy than that of a sick cow? either must inevitably be sources of disease; and the cows in New York, fed on distillery slops, are no worse off and no more diseased than thousands of mothers, who live on unhealthy flesh, and drink, not the slops, but the liquor of the distillery, with the additional poisons of tea, coffee, tobacco, and various drug medicines. What with diseased mothers and distillery cows, our children have a hard time of it; and so ten or twelve thousand die every year in this single city. And this appalling mortality, far more frightful than the cholera, goes on year after year, and nothing is done, because we think it inevita-

ble, and have got hardened to it. I have written upon this subject for years, and I am determined that people shall think upon it. When they have once thought, there is no fear but they will act. There is no man with a human heart in his bosom; and there can be no woman who must not feel interested in ascertaining the causes of infant mortality, and the means of staying its terrific progress. This mortality often amounts to sixty per cent. In Brooklyn, a remarkably healthy city, out of forty deaths in the first week of September, thirty were of children. Not one person in a hundred dies a natural death—by old age.

THE LEARNED PROFESSIONS.—The lawyers have a saying, that "a man who pleads his own case has a fool for a client," and as this saying is so much to the advantage of the lawyers, the doctors have parodied it, and say, that "a man who undertakes to prescribe for himself, has a fool for a patient;" and as law and medicine have been in the past, these maxims are not free from the truth. The intricacies and dangers of both law and medicine have required lawyers and doctors to understand them; and even these have not steered their course too well, as clients and patients can testify. But the world changes, and in a world of progress, change must be for the better. There is no reason why people may not settle their own disputes, and understand their own constitutions; and when they have gained this knowledge of themselves, we shall have no more quarrels about *tams* and *pathies* in medicine. The sick will get well, and the well will keep well, simply because they know how.

The progress of the Water-Cure is bringing this about in a very curious manner. If the doctors were getting waked up, and gaining information on this subject, instead of the great mass of the people, the latter would feel no necessity of studying into the matter very deeply; but as the doctors, with very few exceptions, cling to old errors, the people are becoming wise by compulsion and necessity.

We may as well open our eyes to the fact that the learned professions are doomed. Just so soon as society becomes crystallized into anything like order, there will be no need of lawyers; just so soon as the people become educated in the laws of health, there will be no need of doctors; and when this is the case, it will not be long before there will be no need of one man calling upon another to "know the Lord," for all will know Him, from the least unto the greatest, and then, of course, there will be no need of preachers. This is the good time coming, which we must all do all in our power to hasten.

PROGRESS OF SCIENCE.—The Hartford *Times* brings us a curious account of a Reverend Doctor, who preaches and practises medicine promiscuously in the good State of Connecticut. He publishes a small yearly newspaper, called the "*Star in the East, and Apostolic Baptist Herald*;" preaches and practises wherever he has a call, or, as he expresses it, is "governed by the openings of Providence, the wishes of the people, and

his own impressions." He takes no pay for preaching, and is down on those who do; but as medicines cost money, he sells them at very moderate prices. For instance, there is his "Electro-Chemico-Compound Fluid Extract of Cherry, Rhubarb, and Wintergreen." This is "the greatest restorer and harmonizer of nature and health." Then there is the "Electro-Chemico-Compound Aromatic Saline." This is also "the greatest restorer." Then there is the "Electro-Medico-Compound Syrup of Liverwork;" and this, too, is the "greatest restorer," as also is the "Electro-Chemico-Compound Blackberry." The Reverend Doctor does not visit patients out of the office, except in cases of consultations, surgery, and *obstetrics*; but he has no objection to sell his "Electro-Mechanico-Medical N. London Corn Salve" at fifty cents a box, or to pull teeth for twenty-five cents. Altogether, this is rather a hard illustration of the enlightenment of old Connecticut.

TO WASH OR NOT TO WASH.—The bathing question bids fair to engage the attention of our allopathic medical journals, to the exclusion of dissertations on cod liver oil and chloroform. A more recent number of the Boston Medical and Surgical Journal, has an article approving of the hydrophobic views of the editor, and advocating soap. A man who washes himself but once a week must need it, and that of a pretty caustic quality. But why is the period for washing, according to the old practice, fixed at once a week? Why not once a month, or say, every new year? All you have to do is to use a little more soap. These hydrophobic doctors who denounce bathing, and rely for cleanliness on the occasional use of soap suds, must be in the condition of the gentleman whose contempt of water was visible in hands so grinded with dirt that the color of the skin was a very deep problem. One day he was asked why he let his hands get so dirty. "Dirty!" he exclaimed, with undisguised astonishment—"you call my hands dirty? Ah, you should see my feet!"

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 10.

HUNTER AND CULLEN.—These celebrated stars in the medical firmament formed a partnership in early life, the singularity and laudableness of which afforded a sure index of their future eminence. Being natives of the same part of the country, and both in straitened circumstances, they entered into business together, as surgeons and apothecaries, in the country—the chief object, of the contract being, to enable each, alternately, to spend a winter, each year, in college, while the other carried on business for their mutual advantage. Cullen went first, and chose Edinburgh. When it came to Hunter's turn, he preferred London, where he remained, Cullen having generously given up the articles of agreement. Hunter was engaged as assistant professor, and soon afterward filled the chair himself. He made splendid discoveries in anatomy—claiming, among other things, the absorbent system. Cul-

len's course was no less brilliant: he also soon took the first place in Edinburgh, where he returned, and to him is ascribed the chief overthrow of the pernicious doctrines of Boerhaave. He clearly defined the principles of life, as distinguished from those of dead matter, and pointed out expressly the *bis medicatrix* as the foundation of medical practice. This system of medicine was the most perfect of any of its predecessors, and his classification of diseases unequalled.

DR. JOHN BROWN.—It might be supposed that, once more in the right track, the care of medicine, in a period as enlightened as the closing part of the eighteenth century, would have continued its progress without retrograding or diverging, but it seems that the medical world are peculiarly liable to go astray, and in no one instance was this fact better exemplified than in the history of the hypothesis of John Brown. Physiology was well known; for Harvey, nearly a hundred years before, had lost his practice, by demonstrating the circulation of the blood; and that, as well as the functions of the absorbent system, was publicly taught, and little more remained for discovery.

BROWNIAN THEORY.—John Brown first taught the classics at Edinburgh, and used to translate theses into Latin for the students, who were required to present their essays in that language. This employment led him to study, and finally to teach private classes in medicine. At first, he was strongly attached to Dr. Cullen; but an altercation finally arose between them, and many suppose that he invented his system for the special purpose of overthrowing Cullen's doctrines—a gratuitous and certainly curious presumption.

TWENTY YEARS' EXPERIENCE.—"The author of this book," says Brown, in his preface, "has spent more than twenty years in learning, teaching, and scrutinizing every part of medicine. The first five years passed away in hearing others, in studying what I had heard, and implicitly believing it, and entering upon its possession as a rich and valuable inheritance. The next five years, I was employed in explaining the several particulars, in refining them, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered according to my satisfaction, I grew indifferent to the subject, and with many eminent men, and even the vulgar, began to deplore the healing art as altogether uncertain and incomprehensible. All this time passed away without the acquisition of any advantage, and without that, which of all things is the most agreeable to the mind, the light of truth, and so great and precious a portion of the short and transitory life of man was totally lost! Here was I at this period, in the situation of a traveler in an unknown country, who, after having lost every trace of his way, wanders in the shades of night. Nor was it until between the fifteenth and twentieth years of my studies, that a faint gleam of light broke in upon my soul."

TREATMENT OF HIMSELF.—He had several attacks of the gout, and he finally began to notice,

that these attacks always came on after a period of temperate or abstemious living, when he would try by that means to ward them off, as it was taught that gout was caused by high living, consequently, to prevent it, live low, and diet carefully. He was at length led to doubt the correctness of this assumption, and to suspect that he had been inviting the paroxysms by the very method he ignorantly tried to prevent their occurrence. Further observation confirmed this view. He once more lived luxuriously, and found his health permanently improved.

HIS SYSTEM.—Beginning on the foundation, he studied disease anew, and finally divided all complaints into two kinds.

Sthenic (with strength) oppression of the system, induced by too much stimulus—such as inflammatory fevers: cured by bleeding, low diet, and purging.

Asthenic (without strength) debility of the system, induced by want of stimulus—such as typhus fever: cured by tonics and stimulants.

CONSTITUTION OF MAN.—Man, according to Dr. Brown, is an organized machine, endowed with a principle of excitability, by means of a great variety of stimuli, both external and internal, some of which are perpetually acting upon the machine; and hence the excitement which constitutes its life is maintained. Excitability is like the nervous energy of Dr. Cullen; like that, constantly varying in its accumulation and exhaustion; but unlike it in not being under the guidance of a *bis medicatrix*, but passively exposed to the effect of such stimuli as it may chance to meet with, and necessarily yielding to their influence.

Upon this hypothesis, excitement is the vital flame, excitability the portion of fuel allotted to every man at his birth, and which, varying in each, is to serve as the whole allotment for the period of existence; while the stimuli by which we are surrounded, are the different kinds of blasts by which the flame is kept up. If the fuel be made the most of, the flame may be maintained sixty or seventy years; but its power may be weakened by having the blast too high or too low. If too high, the fuel will, from the violence of the flame, be destroyed rapidly, and its power of prolonging the flame, be weakened directly; this state is indirect debility, or exhausted excitability. If too low, the fuel will become dried and more inflammable, and its power of prolonging the flame still more weakened than in the former case; for half the blast that would be required to excite rapid destruction before, will suffice now: this state is that of direct debility, or accumulated excitability. The resemblance between this system and that of Samuel Thompson, is obvious in some of its general features; and the analogy is still more striking, when it is considered that both were ignorant men; for Dr. Brown was not really learned, though a man of some tact and genius.

HIS SUCCESS.—After completing his works, he obtained a degree, and commenced as a public

teacher, and at first with great success, as his opinions found great numbers of followers in his own and various other countries; many, even at the present day, acting more or less on these principles. He carried out stimulation in his own person so freely, that his intemperance lost him all respect, and he kept sinking lower and lower in public estimation. He died in London in 1788.

DR. BENJAMIN RUSH.—This eminent American, celebrated as a patriot, a man of general science, and medical author and teacher, was born in 1745, near the city of Philadelphia. As the head of his college he did much to influence the state of medicine in his day, and the effect of his teachings is yet strongly felt. He taught that life was a forced state, and, applied to the human body, included motion, heat, sensation, and thought. That disease consisted in morbid excitement to particular parts; and its cure, in restoring an equal diffusion of the excitements over the whole. He strongly inculcated upon his students the necessity of observing nature for themselves, and practising more according to the varying symptoms, than the name of the disease which they might obtain from their books. He believed that medicine was progressive, and the time would arrive, when for every disease should be found a remedy, and no outlet remain for life but the door of old age. This noble exemplar died in 1813.

REVIEW OF MEDICINE.—We have now taken a bird's-eye view of medicine, from the earliest authentic records until our own times. It were easy to swell out volumes, for the difficulty has not been in procuring, but in selecting materials. The astonishing fact has been constantly presenting itself, that medicine has really advanced but very little from the time of Hippocrates; and that even at the present day, the works of that illustrious philosopher are standards with our first medical authorities. We have seen that nothing but patient observation of the sick bed can make the true physician, and that, in consequence, the less generalization he makes with regard to his patients the better. Riding hobbies literally, puts the doctor in the position of Death on the white horse, in the Revelation of St. John. To do his duty properly, he must study and treat the symptoms and not the names of diseases. Fashion unfortunately prevails as much in medicine as it does in dress, and as an exemplification of it, we purpose to give some anecdotes of the use of blood-letting.

BLOOD-LETTING FIRST PRACTISED.—It was undoubtedly noticed at a very early period, that effusions of blood from the body, in cases of sickness, were often followed by great relief, and thus man was induced, artificially, to follow the example set him by nature; yet the length to which it has been carried almost exceeds belief; and it has been well remarked, that the lance was less fatal than the lancet—that minute instrument of mighty mischief.

CHARLES DE GRIGNON.—During the reign of

Louis XIV. it was the fashion in France, and in many parts of Europe, to bleed the patient in every disease, whatever might be its symptoms or nature. Madame de Savigne, in her letters, speaks of the Chevalier de Grignon, a relation of the family into which her daughter had married, who was seized with small-pox of the most malignant kind, and attended with putrid symptoms. The physicians immediately had recourse to blood-letting, their favorite remedy, the repetition of which the patient, from the dreadful aggravations of sufferings he had experienced, in vain endeavored to resist. After having been bled eleven times, he yielded to the attacks of the doctor and the disease, and expired a victim to obstinacy and ignorance.

DR. JACKSON.—This gentleman informs us that he has "suddenly abstracted one hundred and twelve ounces [seven pounds] of blood, and thinks the loss may be carried even further without compromising the patient's safety."

DR. ARMSTRONG.—The doctor tells of a patient with inflammation of the throat, "who was bled to the amount of 160 ounces [10 pounds], besides having the leeches applied, and yet died in a few hours in consequence of the inflammation."

DR. PAINE.—"When excessive blood-letting establishes either in disease or health a susceptible state of the system, an habitual use of the remedy may be, in some rare cases, almost unavoidably incurred. Thus a case is related of a young female who was bled 1,020 times in nineteen years to cure her of hysteria."

LANCISI.—This writer relates the case of an old man who suddenly lost from his nose eleven pounds of blood, and four more in fifteen days after, without even any sensible loss of strength. Within one pint of two gallons!

Bartholin relates the case of a young man, twenty-five years of age, who lost 75 lbs. (over 8 gallons) in the space of ten days, and recovered. Boerhaave says "he has known almost the entire quantity of blood in the body to have been lost by hemorrhage, and yet the patient recovered. Paine relates cases in which one man lost one hundred and ninety-two ounces from his stomach in a single night, and another three hundred and fifty-two ounces from his lungs in the same time. Haller himself lost 125 ounces of blood in twenty-four hours.

DR. RUSH NOT ALONE IN BLEEDING.—Prof. Paine remarks that "Dr. Rush has been often represented as having been almost alone in the depletive treatment of yellow fever in Philadelphia, at its early visitations. We correct this mistake in behalf of Hippocratic observation, and, to fortify the timid, we may add that Dr. Dewees bled Dr. Physic to the extent of 176 ounces; Dr. Griffiths bled Mr. Thompson 110; Dr. Stewart bled Mrs. McPhail 106; Dr. Cooper bled Mr. Evans 150; and Dr. Gillespie bled himself to the extent of 108 ounces during the epidemic of 1797."

DOVER THE BUCANIER.—This celebrated pirate and physician, who was the inventor of the com-

pound known as Dover's Powder (a mixture of opium, ipecac, and sulphate of potass) of the ships, relates that, not long before he took by storm the two cities of Guayaquil, the plague raged among them, and soon broke out on board his vessels, so that, in less than ten days, there were in all, among the ships of his fleet, 180 men taken down with it. "I ordered my surgeon to bleed them in both arms, and to go round to them all, with command not to leave them till they were all blooded, and then come and take them up in their turns. Thus they lay bleeding and fainting so long that I should not conceive they should lose less than 100 ounces each man. Notwithstanding we had 180 odd down in this most fatal distemper, yet we lost no more than seven or eight. Now, if we had had recourse to alexipharmics, (drugs, etc.) I make no question at all that, considering the heat of the climate, we should have lost every man." "Here," says Prof. Paine, "was the same moral firmness, the same self possession, the same clear-sightedness and decision that distinguished this remarkable man in his naval exploits. It was only operating in a new direction."

Fortified by the recital of such cases, the young graduate leaves college fully prepared to imitate the example of the illustrious heroes of his profession, dreading nothing so much, perhaps, as that the patient should die before he has put into operation every means to save him. And when we consider that, besides bleeding, he has at command a whole magazine of potent drugs, which he as unsparingly uses, it is indeed wonderful that man at the present day "should depart from this life by any other door than that of old age."

LEBANON SPRINGS—PIO-NIO OF THE CURE GUESTS.

BY J. H. N.

THERE are few places in this country where so much of the beautiful is contained in so small a space, as at Lebanon Springs. The valley, nowhere exceeding in width a few hundred yards, is surrounded by high hills; mountains, they would seem, were not many of them cultivated to their summits. One born and bred in this delightful vale, might well suppose that all the world was herein contained, so completely does egress seem prohibited. The view from any of the elevations in the vicinity is rarely equalled: "the flat" is as green as the richest grass can make it; the hills are cut up into patches of an acre or two, varying the landscape with every kind of grain; here and there a grove of trees is left standing, which seems to heighten the picturesque beauty of the scene. Eastward, the hills of the Berkshire range rise to the height of a thousand feet. From the summit may be seen the magnificent Kattskills, the extended Helderbergs, with the vast country between; on the other side, the eye wanders over the territory of three States. The situations of the large warm spring, of the hotels, and the Water-Cure House, are known to the readers of this journal. At the

establishment, this season, we have had an average of thirty persons. In no instance has the writer heard of one who regretted the time spent in the water treatment; not that every case is *cured here*, but that each one receives a lesson which sets him on the road to health, and teaches him how to keep it. We learn here, practically, that the ounce of prevention is worth the pound of cure. A walk of a few minutes will suffice to take one into the midst of charming groves. While rambling in one of these, the idea of a pic-nic was suggested, and all entered into it with enthusiasm. The very next day was appointed for our excursion. During the morning, there were mysterious whisperings among groups of ladies; and various odors, suggestive of things good for food, ascended from the kitchen. In the afternoon, there was a great packing of table furniture in a large basket—hands and feet were busy, and tongues busier. At five o'clock, a grand meeting of all took place; the large basket was despatched to the ground by a wagon; a procession of the guests was then formed, each one carrying his contribution, or some useful article, to the entertainment. With great glee, occasioned by sundry small mishaps, we arrived at the grove. Now, seated in the cool shade, upon the smooth green turf, there was ample time for rest from our *arduous* labor, and for conversation upon the delightful prospect before us. The evening was all that we could possibly have desired—*warm* and pleasant, with a clear, transparent atmosphere. At the usual time for supper, the ladies proceeded to set the table—that is, to spread the cloth upon the grass; then were revealed treasures indeed. In the midst was a large dish of white and brown rolls; on one side a pile of potcheese, on the other a large dish of cut peaches, with the accompaniment of a pitcher of cream; at one corner, two immense peach pies, presented by a youthful fairy for the entertainment of the guests; at the other corner, some gingerbread, without the ginger. Those unable to attend had not forgotten us, as various little offerings reminded us. There was no backwardness in seating ourselves at table. No company of invalids, I warrant, ever partook with keener appetites of an expected feast. It would have done good to the hearts of the poor invalids shut up in sick rooms, and condemned to swallow nauseous doses, to have looked upon us, so lately in their places. With becoming moderation we proceeded to demolish a portion of all our good things. Meanwhile, we were enlivened with that table-talk, which is the spice of every such entertainment; pleasant games, which set the wits to work, helped on the sport. Didst ever play at the game of "twenty questions?" One must think of some object, which the company proceed to discover by asking questions; the number of twenty questions is allowed, and if not "guessed" in that time, the *questioned* is "*allowed*" to be smarter than the whole company. One object was too much for us all—it was a substance belonging to the "mineral kingdom"—

solid, of varied shapes, white, used as a luxury, produced in the country, now on the table, &c. None could make it out: it was "ice." Votes of thanks were passed, in order, to each contributor, and a committee appointed to deliver them; the delivery caused much amusement. The supper over, all glasses were filled with ice-water for the first toast—it was, "Our respected physician, Dr. BEDORTHA;" this was received with acclamation, and called up the doctor, who was almost overcome by the applause with which he was greeted. He proceeded to respond in a short speech, replete with good sense and valuable advice. Dr. Bedortha was one of the first Water-Cure physicians in the field, and has been for five years connected with this establishment. Honest, conscientious, and skilful, he inspires his patients with an uncommon degree of confidence. All regard him with profound respect as a man, and rely with perfect trustfulness upon his counsels as a physician. There is but one sentiment in the minds of those who come under his care, and that is, attachment to their physician. Hundreds who have presented themselves to him, the victims of disease, exasperated by unskilful practice, are now restored to health through his unwearied efforts and kind encouragement. Health and long life to the doctor, that he may be the means of restoring happiness to thousands of unfortunates like ourselves. Many appropriate toasts were given and speeches made. As twilight approached, the party returned, enlivened in mind and body. All declared that this was the most sensible, as well as the pleasantest, excursion in which they had ever engaged.

ODDS AND ENDS FROM BETHESDA.

BY J. H. STEDMAN, M. D.

OUR ESTABLISHMENT.

ONE year has now elapsed since Bethesda entered the list of those truly benevolent institutions, which, of late, have done so much to cheer and bless the world. It is pleasantly situated near the village of Richford, Tioga county, N. Y., and is connected with the Susquehanna Valley, and the New York and Erie Railroad, at Owego, by one of the best roads in the State or country. Our means for treating diseases, the purity of our water, and the salubrity of the climate, are not surpassed; and as our especial design is to accommodate and benefit the *laboring classes*—those whose means will not permit them to visit more expensive institutions—our terms, as heretofore, will be but *four dollars* per week, for ordinary treatment, attendance, and board.

OUR SUCCESS.

During the past year I have treated a great variety of chronic and acute diseases, and I can now enjoy the pleasing consciousness, that during that time no man, woman, or child has been made to sleep the long sleep of death through any agency of mine; and this is more than I dare say of some of those sixteen years of allopathic

blindness, when I was reckoned a "very respectable and highly successful member of a highly respectable and very honorable profession." With the exception of two or three who left after a probation of a week or two, because they *would not* dispense with some favorite beverage or crucify some darling lust, and who, of course, were neither benefitted nor pleased, every person who has been a patient at Bethesda Water-Cure has been benefitted to an extent altogether beyond anything that medicine (falsely so called,) had been able to do for them; and in most cases medicines of all sorts had been pretty thoroughly tried. I have had a few cases, which, on account of change of structure, or the advanced age of the patient, were necessarily incurable; yet even in such cases the sufferer has been made comparatively comfortable. Nearly every case of Dyspepsia, Brouchitis, Neuralgia, Rheumatism, Hepatitis, Piles, Gravel, Scrofula, Erysipelas, Spinal Affection, Prolapsus Uteri, &c., has been either cured or very essentially relieved; and the amount of relief obtained has, in most cases, been in proportion to the time expended; those who have visited us for the single purpose of "*being cured*" having had their intentions realized, while those who have visited us for the purpose of "*staying a few weeks*" have, for the most part, been but partially relieved. Now and then a case has occurred, however, in which a cure has been perfected at home, after having been commenced by a few weeks residence at our institution.

TOBACCO, TEA AND COFFEE.

Not the least important among the blessings which Water-Cure establishments are conferring upon the world is the inculcation and dissemination of correct sentiments concerning diet, air and exercise, and the breaking up of long-cherished habits of indulgence in the use of tobacco, tea, coffee and other poisonous drugs. Indeed it is pleasing to see how readily persons, who are in sober earnest in their search after health, accommodate themselves to the plain and simple fare of the Hydropathic table; and with what ease they throw off a yoke that has for years connected their happiness with, and compelled them to worship at the shrine of a Virginian weed, a Chinese shrub, or an Arabian berry. With but very few exceptions, I have had no difficulty in weaning my patients, *thoroughly*, from all such destroyers of human life.

PROLAPSUS UTERI.

During sixteen years of practice in the ranks of Allopathy, I necessarily came in contact with very many cases of Prolapsus Uteri, and other diseases peculiar to females, not one of which were cured, either by myself or by others. Cases in which a little temporary relief was obtained, and the patient somewhat "patched up," were indeed not of unfrequent occurrence; but, in most cases, a *truce* only was obtained. To be soon followed by a more aggravated visitation; while in not a few cases the disease was greatly aggra-

vated by the treatment employed. But since I have adopted a more rational system of practice, substituting the plunge, shallow bath, shower, or dripping sheet, (as each case seemed to demand,) for the chalybeates, and other tonics of the Pharmacopoeias; and instead of supporters, pessaries, and vaginal injections of mineral and vegetable irritants, employing the short sitz bath, cold and often repeated, with injections, *per vaginam*, of pure cold water, enjoining at the same time the strictest temperance in *all things*, I have cured nearly every case that has fallen into my hands.

Does the experience of others correspond with mine in this particular? and if so, ought not especial pains to be taken to inform the tens of thousands of females in our land who are, and multitudes of whom have long been sufferers from this class of diseases, that there is hope for them!—that if they will but comply strictly with the practice and the rules of life which Hydropathy prescribes, they may almost certainly be restored to health, to happiness, and to usefulness! Let the truth on this point be told to every female especially. Let Water-Cure books and periodicals be circulated with a zeal and energy becoming so important a subject. At least, do not let us, Hydropaths, be outdone in activity by those who circulate those vile publications, which tend to the destruction of all that constitutes a man—the moral, intellectual and physical powers.

MEDICAL ASSOCIATION OF SOUTHERN CENTRAL NEW YORK.

By the politeness of a friend, I have recently received, in pamphlet form, the "transactions" of the above-named Association, at an annual meeting, held at Cortlandville, June 5th, 1849.

Several curious transactions, it seems, took place at that meeting, among which I notice particularly the following specimen of professional *intolerance* and *dictation* on the one hand, and professional *succumbing* and "*dough-faceism*" on the other:

It appears that Dr. Healy, of Dryden, reported a case in which he had relieved a spasmodic difficulty of respiration, by the use of Fahnestock's vermifuge. After which report Dr. Green arose and remarked upon the *irregularity* of the act, and was followed by Dr. Brooks, and others, who urged the importance of sustaining the rules of the Association, in reference to "countenancing, in any way, the various systems of quackery in vogue in our land." A committee was immediately appointed to confer with the offending doctor, and report at a subsequent session; but what were the particulars of this conference we are not informed. How be it, on the next day, Dr. H. being called upon by the committee to make a public statement, or in the language of the committee "to define his position," arose and stated to the association that he had used no other nostrum, and that he should *use this no more!*

The question very naturally arises in view of this case, what was the amount of Dr. Healy's

offence? In what did his crime consist? Did he destroy his patient? No. Did he inflict any serious injury by aggravating the disease, and thus rendering a cure more difficult? Nothing of this, so far as appears from the report, for the doctor expressly declares that his patient was relieved; and so decided, and speedy, and gratifying was the relief afforded, that he thought the case one of sufficient interest to be laid before the assembled medical wisdom of Southern Central New York. For what act then, was Dr. H. thus arraigned before his medical peers, and required to submit to the scrutiny of a committee, and finally to brand himself a *Dough-face*? Plainly for this: he cured his patient *irregularly*. He administered an article which has not yet, like paregoric, Dover's powders, and scores of other nostrums, been sanctioned by the *leaders* in the profession, and placed on the list of "*Official Preparations*," to be found in the *Dispensatories*.

But suppose a different case. Suppose that instead of Fahnestock's Vermifuge, the doctor had given a solution of tartarized antimony, or an infusion of some vegetable poison, and the patient had died in the operation, or immediately after: suppose you, kind reader, that Dr. Healy would have been called to account for his conduct? Not a bit of it. In such a case the patient would have been *killed regularly*, which, in the eyes of the profession, is much less to be deplored than to be *cured irregularly*. But this is not all. Dr. Healy solemnly averred before the committee of the "Medical Association of Southern Central New York" that he had used no other nostrum, and that he would use this no more! Although Fahnestock's Vermifuge was *the thing* that relieved his patient, and is (so far as his experience is concerned in that particular case at least) the only article that would have relieved the poor sufferer, or that will afford relief in any similar case, yet so soft and plastic was this man's professional face, that he consented to have it moulded over and worked, until he was prepared to *back out* of the position which he had honestly and honorably assumed,—that of a *contributor to the medical knowledge of the day, and proclaim himself a professional NINNY*. I have no confidence whatever in Fahnestock's Vermifuge as a means of curing disease; yet it may be as good a *palliative*, in certain cases, as any other medicated *nonsense*. But not so with Dr. Healy. He honestly supposed the case to possess sufficient interest to be reported to his professional brethren, and expressly declared that the patient was *relieved* by the article abovementioned—a declaration which *they did not once call in question*,—and yet this foolish doctor has virtually pledged himself to suffer his patient to *die* rather than again administer the article which proved so successful in the case reported!! Is it any wonder that so little improvement has been made by the doctors in the treatment of disease? Is it any wonder that physicians generally are ignorant respecting the truth as it is in water, air and exercise, and that they perseveringly oppose

whatever savors of reform ! The poor men are in *leading strings*—they are completely *harnessed*, and dare not step to the right or the left, lest they get caught outside of the traces and receive the professional *lash* which professional bigots so effectively wield.

PRIESSNITZ AND GRAEFENBERG IMPROVED UPON.

BY JOEL SHEW, M.D.

FRIEWALDAU is a small German town of some three thousand inhabitants, situated in a very beautiful and picturesque valley, extending between two portions of the mountains called Sudates, in Austrian Silesia, Germany. It is about eighteen English miles from Neisse, seventy from Breslau, two hundred and sixty from Berlin, two hundred from Dresden, one hundred and sixty from Prague, sixty-three from Olmutz, and one hundred and seventy-five from Vienna.

GRAEFENBERG is a small colony or cluster of houses located about half way up the sides of one of these beautiful mountains. From a point a little way off, we have an extended view of the plains of Prussia. The mountain tops, the hill sides, the valley, and in fact everything here the eye can reach, is by nature most perfectly beautiful. The air is as pure and exhilarating as can be conceived of, and springs, in almost every direction, are found in greatest abundance, gushing forth water of purity and softness rarely to be met with.

Graefenberg, although so widely known, is a small place, containing only ten houses, besides four or five out-houses and barns. The "Colony," as it is called, is situated about an eighth of a mile down the mountain side toward Friewaldau, and contains some eighteen houses, besides several barns and sheds. Such were Friewaldau and Graefenberg in 1848, when we last visited the locality.

VINCENT PRIESSNITZ was born at Graefenberg, October 4th, 1800. He was of humble origin, although his father's family have been in possession of the estate he now owns, of about 150 acres of land, for upward of two hundred years. He being the youngest son, became, according to the laws of the country, possessor and sole owner of the family estate after the death of his father in 1835. It was here where this remarkable man brought into existence what is now popularly known as THE WATER CURE. This Graefenberg is an humble place—a few houses situated on the side of a mountain—yet it is a spot endeared to thousands, from every nation and clime, who have here regained that most precious of all earthly blessings, health. It is a place, the fame of which must descend to the latest posterity, carrying with its very name, to millions of sufferers yet unborn, remembrances of the most pleasing kind. Already the whole civilized world honors this humble spot and the genius through whom it has thus been so widely made known.

There is no situation or calling in the world in

which there can be exhibited more of real philanthropy than in the healing art. The Saviour of men said, "*I was sick and ye visited me*;" and he everywhere recognized the importance of the mission of healing the sick. Accordingly, too, in all ages of the world, those who have been the means of relieving the sufferings of mankind in an eminent degree, have been looked upon as being among the greatest benefactors of the race. What then must be the feelings of Priessnitz—how great his satisfaction in knowing that he has achieved so much in that noble mission to which he has been called !

But we have another story to tell of this humble Graefenberg. Great as have been the achievements here wrought, we are not to suppose that the healing art has yet been perfected. No ; there must yet arise those—if they have not already arisen—who will as far outstrip Priessnitz as he has those who have gone before him. Let us, for a little, leave the Old World and its honors, and see what we can find in the New—yes, in our own humble New York. Let us see whether we shall not have, after all, to give up our water treatment, our wet sheets, fomentations, wet girdles, plunging baths, sitting baths, half baths, douches, and all the endless variety of the water art which we have relied on so much, *for that which is incomparably better, safer, and more efficacious*. Let us see, indeed, whether Hippocrates, Celsus, Galen, Boerhaave, Sir John Floyer, Baynard, Howard, Wesley, Vanderheyden, Currie, Priessnitz, and all who have so ably advocated the water-cure, must not after all be cast for ever into the shade.

Not many years ago, when Graefenberg had become somewhat celebrated in this country, there were some modest men in this city of New York—so modest that they have never yet made known their names to the public—who became convinced that they could improve on the system of Priessnitz ; and as their wonderful discoveries were to be the means of accomplishing a vast amount of good to humankind, it became their duty to couple their doings with the name of GRAEFENBERG. True, Graefenberg was a place famous for healing the sick with pure water alone ; but inasmuch as it has been the most celebrated place of healing in the whole world, thus far ; and inasmuch as these men had now discovered methods which were yet incomparably better and more efficacious than those of this distinguished place, they must call their medicines the "GRAEFENBERG MEDICINES," and their little pamphlet setting forth the inimitable virtues of these medicines, the "GRAEFENBERG MANUAL OF HEALTH."

Taking it for granted, then, that this sage, wise, and benevolent body of men, the "GRAEFENBERG COMPANY," have done their duty faithfully in adopting the name "GRAEFENBERG," let us proceed to examine their humble book.

In the preface of the pamphlet before us, our benefactors tell us of the mournful tragedy of Washington's death by the *bleeders*. What greater example could we have of the terribleness of

the old school methods ! How noble that such men as the Graefenberg Company come forth to the world's rescue ! They then proceed setting forth modestly their views :

"As we have said, our young mind was severely exercised by the perusal of the melancholy tragedy. We asked ourselves, why should such things be ? Though our advantages of education were slender, we found ourselves frequently pondering upon the subject. This bias had a powerful influence upon our life. Medical books, the society of intelligent medical men (when we could find them,) became a passion with us. It would take more time than is worth while, to detail how we advanced step by step, in medical knowledge, until associating with ourselves men of enlarged views and means, we were at last enabled to obtain the incorporation of the GRAEFENBERG COMPANY ; which but a grain of mustard seed at first, now overspreads the country, and permits the fowls of the air to repose in its branches."

The motives by which the Graefenberg Company have been actuated are thus stated :

"In our investigations, if we know ourselves, we have been actuated by no other than the most hopeful, the most benevolent intentions. In the words of the Roman poet—"MEN OURSELVES, WE FEAR FOR ALL MANKIND."

It is well known that there has been all over our country a great rage for using mineral medicines ; and also that the common drugs of the shops are nearly all miserable adulterations, wholly unfit for the human stomach. Our benevolent company of men have set these matters all right, as will appear from the following honest extract :

"So it is with residents in the country. They need, perhaps, a sure, though an easy *purge* ; one which does not contain POISONOUS MINERALS ; a purge which, while it evacuates and cleanses the stomach and bowels, gives tone and strength to the system. The same uncertainty as to the quality of medicines which are on sale at the shops, exists in their case as in that of the physicians ; and they frequently get an acrid, griping, sickening, drastic purge ; or else one which will scarcely operate. The truth is, that the poor, cheap articles, usually sold as medicines in the country, are scarcely fit for horses and cattle. *They are far from being proper for the delicate mechanism of the human body.*"

Personal Beauty—beauty of our corporeal body—being always of such great importance, incomparably more important than beauty of the "inner man," the Graefenberg Company, in their benevolent intentions, have not omitted the setting forth its charms. Hear them as follows :

"Personal beauty is necessarily dependent, in a great degree, upon the condition of the *skin*. It was to their great care of the skin that the ROMAN LADIES were indebted for that trans-

parency of complexion which they possessed. The Greek Mythology represents the goddess of love rising from the sea ; indicating, that washed, refreshed and purified in the deep waters, she made herself beautiful. How much does a fresh and transparent complexion add to the beauty of both man and woman ! How few Americans really possess that charm ! *And yet there is scarcely a person that might not have a good complexion.*"

The Graefenberg medicines, our dullest readers will at once comprehend, have a remarkable power in producing beauty in the complexion in both men and women. All the "skin doctors," "rouge doctors," and "face powder doctors," will now and for ever be outdone. *Behold beauty made easy !*

This Company will be of immense service to mankind in controverting certain dangerous opinions which people are prone to follow. Thus the foolishness of the old saying, that if we wish to enjoy a good appetite, we must always rise from the table before it is satisfied, is thus controverted :

* * * "To rise with a good appetite, though a very frugal and common maxim, is an exceedingly bad one. He who obeys the dictates of nature, that is, his own internal feelings, will not err, but eat till he finds himself satisfied ; for there is no other method for ascertaining the *quantity* necessary to be taken."

Seeing that people are everywhere so prone to eat less than nature requires, the above paragraph of this noble company ought to be published far and wide to a wondering world.

The foolishness of subsisting either mainly or wholly on a vegetable regimen, is thus spoken of by the Graefenberg Company :

"As to the *quality* of diet, it is of little importance to persons in health, though animal food is incontestibly preferable, and to which the vegetable ought to be greatly disproportionate ; for the diseases which arise from the latter are by far the most crabbed and refractory."

Away, then, with the notions of Cornaro, Cheyne, Howard, Alcott, Graham, Mussey, Priessnitz, and others, concerning the utility of vegetable diet. "Eat ham and eggs, and all good things of the kind, to your liking," is the authoritative mandate of this learned body. "Rely upon it, your potatoe, squash, pumpkin, Johnny cake, and bran-bread diet, is not the thing for rational men to live upon."

We can hardly refrain from quoting many pages of the wise sayings of the Graefenberg Company. For the want of room, however, we must for the present desist. We could not say less. And we will here remark, in closing, that there is in our humble opinion no class in the community who are so able to comprehend the true merits of what we were pleased at the beginning to term "*Priessnitz and Graefenberg im-*

proved upon," as the readers of the *WATER-CURE JOURNAL*. At the hands of such a tribunal the GRAEFENBERG COMPANY will be most certain of receiving their due reward.

THE CONNECTION BETWEEN DIET AND DISPOSITION.

BY S. M. HOBBS.

THE connection between what we eat and what we are, constitutes a relation as philosophical as any which pertains to the phenomena of life or science. There is a direct and positive condition always holding between the stomach and brain. The great and beneficent and beautiful laws of nature have established this condition not only in man, but throughout all animal creation. Nowhere is it invisible.

The reasons and philosophy of why this is so, are obvious. It is a law and guide to men to follow the teachings of those laws upon which life, health, and happiness depend. It is to teach them, that whatever they put into their bodies will be a blessing or a curse, just in accordance as it is a fit or unfit substance. It is a wise and kind provision of nature, to teach men that they cannot put poison into their stomachs without the most positive and palpable injury. It is to teach men, that whatever they from day to day eat will act on their dispositions, making them gentle or ferocious, loving or hateful, the lamb or the tiger, the despicable fool or the admirable man.

The connection between diet and disposition is a prominent part of history. Everywhere we shall find our position illustrated. Wherever brutal ferocity and unbridled passion have prevailed, there shall we find wide departure from, and great perversion of, the laws of our nature. The tyrant is not more marked by cruelty and blood in his outwards acts, than that those very acts are marked by a physical connection within. So of the man who is kind, generous, dignified, benevolent, thoughtful: *he* is marked by the same unvarying connection. Look at Nero, and then at Lycurgus. The one a base, perfidious, cruel, unfeeling, diabolical, monster; the other a wise, generous, soul-gifted, pure, gentle, glorious man. The one having no affections, no patriotism, no heart, soul, or conscience; the other possessing, in the fullest measure, these transcendent qualities. Who cannot, to a great extent, discover the philosophy of this wide difference in character and disposition? Who cannot see, that while Nero's body was the receptacle of all that is vile, and disgusting, and abhorrent, that he was the unrestrained consumer of exciting food and ruinous drink?—that the renowned and beloved Lycurgus was kindly and genially nourished by the simple fruits of the earth, and his thirst appeased at the pure springs of the hill-side? And yet these are the common principles of everyday life. Every community has its Neros and its Lycurguses to a little or great extent.

Let us look at mankind, and see if there is not a connection between disposition and diet. And

first, the bloodthirsty, tiger-natured, ill-minded nations—those who have the least humanity, magnanimity, enlarged patriotism, and Christian virtue. Take the Austrians—revelling in human gore; fiendishly delighting in the most atrocious cruelties; compassing their strongest energies to gratify the demon within them, they exhibit a people the most passionate slaves to depraved appetites and grovelling desires. Lined, stuffed, packed with the grossest meats; soaked, swimming in the vilest liquors, they are no other than just what they inevitably must be—a nation without true heroism, mind, character, principle, generosity, public spirit. A portion of the Russians is no better. Inhuman, revengeful, thoroughly regardless of justice, equity, and the rights of nations, it would plant its iron heel upon every neck. This portion—and it is in happy and direct antagonism to a large class of its people—is an animal-fed, besotted, and generally depraved cast. Their natures are fired with passions that turn the man into the devil. If we turn to the English, we shall find this a no small element of their character. It is not of that cruel, ferocious, inhuman stamp of the nations we have cited, but is rather seen in the more moderate channel of a grasping ambition for conquest, possession, and government. The connection between the diet and disposition of this nation holds equally true as of others. The *animal* is the dominant characteristic. In the main, they are too much an over-fed, stomach-idolizing, dram-drinking people, though presenting many of the noblest and most admirable exceptions the world can boast. It is but little better with our own country. We, too, are, to a lamentable degree, guilty slaves to the bottle and the flesh-pot. Among us, the "war party" is shadowed forth by its unnatural, gross, perverted, and sensual diet. Still, there are saving exceptions; and, thanks to the increasing prevalence of a better philosophy, the number is increasing with a rapidity the most gratifying.

Then there are the New Hollanders. Is there a more pitiful, contemptible, God-forsaken, despicable race than they? Ferocious, ignorant, unfeeling, unspirited, except under strong animal excitement; displaying little heroism, no grandeur, as a nation. What is the philosophy running from their diet to their disposition? They are completely sensual, from brain to heel. Besotted, begrimed, illiterate, unpatriotic, living for the hour, debauched in the constant service of a debased and shameless dissipation, they present anything but a happy, progressive, intelligent, growing-in-virtue nation. They live, for the most part, on meat, and guzzle the most abominable and filthy of dishes.

We might instance the Esquimaux Indians—a greasy, stupid, animalish, sleepy, unenterprising, insignificant nation, the ridicule and butt and contempt of all decent and virtuous men; with an ambition narrowed and cornered down to the grossest animal wants, having hardly a conception more than that man was made to eat and sleep, to stew and drink, from life to death.

Who, with an eye up to the size of a young mustard seed, does not see that all this comes from their most unnatural, filthy, disgusting, stomach-rioting diet? Who does not see, that all their stupidity, indolence, moral imbecility, want of every conceivable quality that becomes a man, is the direct and only result of the enormous portions of oil they perpetually swallow down, and the huge quantities of fat-rolling flesh with which they literally stuff themselves? Under such a perverted, monstrous, nature resisting diet, what other than the *disposition* we find can be expected?—or rather, what else could possibly exist? Let every nation follow its course, and all that is grand, and good, and glorious, in civilization, would shortly cease to exist.

On the other side, how is it with those nations who have followed nature in diet and general regimen—living on simple provender, and for the most part drinking little but water? We almost always, if they live under a free, moral government, find them a great, a noble, an intelligent, a refined, a progressive, a moral, a virtuous, patriotic, and well-ordered nation. Among such, the arts, the sciences—all that dignifies, embellishes, raises, improves—all that makes life glorious, and satisfactory, and brilliant, and enduring, is sure to be found. Such are the people who have come down to us in history with ever-increasing and genial light, and around whose memories the mind and heart so love to linger and learn.

The ancient Greeks: Where shall we find a nation to which all aftertime turns with such fondness and admiration? Where is their superior?—hardly, where is their equal? Where shall we find more noble, generous, high-souled, splendid men? Nowhere. Where shall we find men whose lives were adorned, dignified, illuminated with more beautiful or substantial qualities? Nowhere. Where shall we find more philosophical, devoted, accomplished, virtuous lives? Nowhere. The source and home of science, letters, and the arts, where is her glory approached? Nowhere. And yet, does there not run through all this a direct, palpable, certain connection between diet and disposition? We say and insist there does. Gentle in manner, high-toned and manly in bearing, gifted by the sweetest natures, the whole of life a perpetual series of calm and waving delights;—did all this, or could it all, come from a head-reeking, body-stuffing depravity, or soul-sinking diet? *Never, never*; the thing is inconceivable. If we lift the veil from the seduction of their domestic life, we shall find them frugal and abstemious—happily living on a few simple but delicious fruits, and imbibing the transparent fluid that gushed and sparkled and danced from the cool mountain springs. Such was amply sufficient to give them sound minds and sound bodies—to give them that strength and energy and mind that made them so truly great in whatever they engaged. Justice, mercy, equity, love—all the Christian graces—are sure to be found in such a people.

So of the ancient Persians: a strong, noble,

robust, muscular, healthy, handsome race; yet gentle, quiet, easy, graceful, and winning in their natures. Pure in their lives, gifted with a lofty moral standard, enjoying a high state of physical felicity, and boasting great ruddiness of body and mind, they claim our utmost admiration, and afford us the most instructive of examples. Consistent nations will by and by follow them.

How with the Swiss? Who does not love them—noble, generous, magnanimous men! How do their deeds and voices mount their eternal glaciers, and spread over the farthest nations! How favorite the memories, how grateful the reminiscences, that embalm their name and history! Patriotic, chivalric, generous, virtuous, liberty-loving, intelligent, industrious, they win all noble hearts. And yet the Swiss are a nation exceedingly prudent in diet, living almost to a man on simple vegetables and fruit. Such, we omitted to remark, was the sole diet of the Persians in their best days. On this plain sustenance the two nations have lived in health and strength, and exhibited fortitude, valor, and endurance, as iron-like and grand as any in history.

Where shall we find such strength, agility, elasticity, energy, daring, fire and life, as among the Arabs? Their feats are the wonder and admiration of all who witness them. Their food is of the plainest nature, and of the most abstemious quantity. A very little satisfies their natural wants: a little fruit, a few vegetables, and they are contented. On these are founded those surprising muscular deeds, that we, with all our full and nourishing diet, can barely imitate in the most ridiculous distance. Pacific, gentle, mild, suasive in their dispositions and natures—they but repeat the ever unvarying logic of a connection between diet and disposition.

And so we could go on without limit. We might cite nations, and trace habits, to fill a volume. It is unnecessary; our purpose does not require it; the design is accomplished without it.

That there is a direct and positive connection between diet and disposition, cannot be evaded; it is founded in the deep philosophy of life; it is as palpable as life itself.

What are the lessons it teaches?—what the moral it suggests? This, with a force and directness we must heed—that, if we would cultivate the highest nature—if we would exhibit the development of the true, the great, the noble—if we would embellish, strengthen, dignify our lives, we must so order the physical being, by a natural simple, healthy, life-giving, correct diet, as that the baser and ignobler passions may be destroyed, for the replacement of all that makes man a physically strong, sterling, robust, healthful, lofty-minded, vigorous, affectionate being.

The Arabs of the desert are said to be so healthy that they find it more difficult to die than other nations find it to live!

TO MOTHERS.
BY A MOTHER.

WILL you permit me to speak to *mothers*, through the medium of your excellent paper. I was witness, last summer, to such an amount of anxiety for the sick, and such heart-rending grief for the dead, that I turned from such scenes with feelings of amazement, bordering on incredulity and horror, at the ignorance and infatuation which prevail so generally among us, in placing so much confidence in physicians, and so little in that which a kind *Providence* has so bountifully placed within our reach—that is, pure, cold water, plenty of fresh air, and judicious, indefatigable nursing. The season has returned when cholera morbus, dysenteries, and other summer complaints, usually prevail among children; and if any of yours should be attacked, I beseech you, instead of having them drugged, blistered, &c. as is usual, to adopt a more mild, natural, and efficient course. To illustrate, I will go into detail, however tedious it may seem; but, when the life of a darling child is at stake, I trust you will pardon me.

My youngest, one year old, had two severe attacks last summer, and at both times we thought we should have lost him. When he was taken, we immediately applied the wet girdle around his body, and tepid water injections after every evacuation. I have given from a quart to two quarts at a time; that is, one injection after another, until that quantity was injected. Of course, it does not remain long in the bowels; but it does its work—it gives a *thorough* cleansing. It can be done over a tub, standing on an oil cloth, and injures nothing. The diet allowed was simple Graham bread, soaked a long time in milk, and baked Indian pudding.

One day I thought the little fellow would surely die. We were some miles from the city where our doctor resides, and my husband was from home, and knowing how soon they were taken away with such complaints, I knew something must be done instantly; but what to do I did not know, being so alarmed at his situation. I said, if I send for my neighbors, they will want to give him paregoric, Godfrey's cordial, castor oil, &c., and then think and say that I had killed him with cold water. Then, I thought, if a neighbor should send for me in such a case, what would I do! Oh! thought I, now I can go to work; and I did, with the most happy results. In the first place, I gave him copious injections; he drank plentifully of cold water; then put him in a tub of cold water, and rubbed him well; put on him a large coarse night-gown, put him in the tub, and gradually wet it all over, also his head; then put a small dry sheet around him, when I took him out of the tub, and put him in a blanket. He soon fell asleep. I then wet a towel, and put it on his head. He slept sweetly for three quarters of an hour, when I took him up, took off the wet night-gown, and put him in a fresh tub of water, quickly wet him over, and rubbed him off, and dressed him the same as if he was well; and before I was through, he

seemed inclined to play, and noticed his clothes, &c.; then I got into an open wagon, and rode with him half a mile or more, and he came back much improved. The next day he was playing about the room, and went out every night and morning while sick. This was last August. The second attack was in September, when we called Dr. Shew to him; but I do not think he was any worse; but we felt more anxiety, so many dear little ones having been so suddenly taken from their parents. I know not what I would have given if, at that time, I had only known what I have here written, and therefore feel it a duty to be thus explicit, hoping it may be of service to some anxious mother, when she knows not which way to turn for the relief of a darling child.

Before my little boy had entirely recovered from the second attack, I was called hastily to a friend and neighbor, whose child had been sick four days with dysentery. They thought her case a very bad one. Their doctor was also in the city, and knowing of my success with my little one, sent for me. I immediately put her in a warm bath, rubbed her gently, then put her in bed, and laid a wet towel on her breast and stomach. She was much oppressed for breath, but soon breathed easier, and seemed better. When she had her evacuations she suffered much. The straining, so peculiar to the complaint, was most distressing to witness. I wished to give injections, but the parents were not willing, until they should see the doctor. The doctor came, but said nothing about giving injections, and had started to go, when one of the family asked him, what he thought of them for her. "Injections!" he said—"why, I never have thought of them!—why, give them to her, made of *rice-water*, every twenty minutes." They were administered, and gave great relief; but they came too late: the disease terminated on the brain, after a week's continuance. The injections relieved her, as every bad symptom seemed removed by the water. She was nineteen months' old, and the only child of her mother, who now thinks she might have been saved, had she only known the efficacy of cold and warm water.

I was called to another family, who had some little knowledge of cold water, from seeing the treatment in our family. I gave directions, and helped to nurse, too. Went in one day, and found the patient very languid and stupid. "Why," said I, "this don't seem like a cold water patient!" "Oh, no," said his mother; "he does not get well like your children." "Well," said I, "you must fight as I have, if you expect to succeed. Have you given him nothing but warm water injections?" "Nothing; only I put a teaspoon, or so, of laudanum in it." "Ah!" said I, "that explains it all. You must now see why he does not recover; he is under the effects of the opiate just as much, and more, than he is of the water." She was convinced, gave it up, and the child recovered, but was much reduced.

All that tried the water treatment in our neighborhood got well.

THE PROFITS ON FRUIT CULTURE.

BY S. W. COLE.

WHEN fruit becomes a standard article of DIET, as it ultimately must, facts, like these, will be regarded in a proper light, by every farmer. The Albany Cultivator says :

"The following facts, exhibiting the large profits which may be derived from the skilful culture of fruits, are furnished by S. W. COLE, editor of the New England Farmer, of Boston, who is a remarkable fact gatherer, and who remarks, 'we give some extreme cases, and others which common skill may compass. The cultivator will do well with medial success. Yet it is well to have a standard of extraordinary attainment, or the perfection of excellence, as a goal for those who inscribe on their banner '*excelior*.'"

"Mr. Moses Jones, of Brookline, in this vicinity, a most skilful cultivator, set 112 apple trees two rods apart, and peach trees between, both ways. The eighth year he had 228 barrels of apples, and in a few years from setting the trees, \$400 worth of peaches in one year; and the best part of the story is, that large crops of vegetables were raised on the same land, nearly paying for the manure and labor. The tenth year from setting, many of the apple trees produced 4 or 5 barrels each, the land still yielding good crops of vegetables, the peach trees having mostly gone by old age. Mr. J. grafted a tolerably large pear tree to the Bartlett, and the third year it produced \$30 worth.

"Mr. S. Dudley, a very successful cultivator in Roxbury, an adjoining city, sold the crop of currants from one-eighth of an acre, for \$108, the next year for \$125, and he had good crops for several years. He picked 500 quart boxes from one-eighth of an acre the next season after setting the bushes in the fall. He had \$25 worth of cherries from one Mazzard tree.

"We saw, in Natick, Mass., on the banks of the 'classic Charles,' on the farm of M. Eames, Esq., an apple tree grafted to the Porter when 75 years old; it soon bore, and the seventh year it produced 15 barrels, which sold at \$30. The original Hurlbut apple tree produced 40 bushels in one year and 20 the next. The original Bars apple yielded 80 bushels in one year. N. Wyeth, Esq., Cambridge, in this region, had from a Harvard pear tree nine barrels of fruit, which sold for \$45.

"A farmer would not plant an orchard, thinking he should not live to eat the fruit; his son had the same views; but the grandson planted for posterity, yet his predecessors shared in the fruit also, for the grandfather drank hogheads of the cider.

"Hovey states that a Dix pear tree, in Cambridge, produced \$46 worth of fruit at one crop. We saw in Orange, New Jersey, 100 bushels of apples on a Harrison tree, which would make ten barrels of cider, then selling at \$10 a barrel in New York.

"Downing says that the original Dubois Early Golden Apricot produced \$45 worth in 1844, \$50 in 1845, \$90 in 1846. A correspondent of the

Horticulturist says that Mr. Hill Pennell, Darby, Pa., has a grape vine that has produced 75 bushels yearly, which sell at \$1 a bushel. James Laws, Philadelphia, has a Washington plum that yields 6 bushels a year, that would sell for \$60. Judge Line, Carlisle, Pa., has 2 apricot trees that yielded 5 bushels each, worth \$120. Mr. Hugh Hatch, of Camden, N. J., has 4 apple trees that produced 150 bushels, 90 bushels of which sold at \$1 each. In 1844, a tree of the Lady Apple, at Fishkill Landing, N. Y., yielded 15 barrels, that sold for \$45.

INFLAMMATORY RHEUMATISM, treated on the principles of ALLOPATHY, HOMOEOPATHY, HYDROPATHY, and the WATER-CURE.—*Facts*, like these, are valuable; they will convince, when *theory* alone, would not satisfy. We are permitted to copy the following from a private letter, addressed to Dr. Wm. E. ROGERS, of the Summit Water-Cure, in Pennsylvania:

It is now about three years since I was attacked with inflammatory rheumatism in one of its worst forms, rendering me almost helpless. Shortly after this, a distressing cough set in, and so severe were some of these spells, that I could scarcely recover during the entire day or night. This, together with a chronic diarrhoea, had brought me well nigh to the brink of the grave. In the meantime, our family physician, Dr. Graves, attended me—whose skill as an allopathist never was doubted. For six months, he visited me occasionally, and finally gave me to understand that medicine would never cure me, and that if I ever recovered, it would be by an effort of Nature alone. I tried Homoeopathy, with the same result, also many things recommended by friends. I constantly kept growing weaker, and finally gave up all hopes of ever again being restored to health, bowed down by disease, crippled in almost every joint with tottering steps and feeble muscular powers, careless alike whether I lived or died, with judgment as feeble as my body, I visited your Water-Cure establishment, at the earnest request of friends, and I confess without much hopes of relief. But I was most agreeably disappointed and astonished at the result. The ease and rapidity with which this complication of diseases gave way under your magical treatment, was truly miraculous. I remained with you in all but five weeks, and, during the first two, the cough and diarrhoea entirely left me, and the lameness rapidly improved. After I came home I continued the treatment recommended by you, and I soon laid aside my cane which I had so long leaned upon for support, and now, at the end of six months, my health is better than it has been for years; I am now some twenty-five pounds heavier, and gradually increasing in flesh. My friends tell me that I look ten years younger—this my feelings tell me is the case. And now, dear Doctor, you have my best wishes for your welfare for the good you have done to me, and others, and may God bless you and yours.

Yours, always,

H. PLUM.

Dr. Wm. E. ROGERS.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

*Translated from the Fourth French Edition, with
Notes and Additions, by NICHOLAS T. SORSBY, M. D.*

(Continued from the August No.)

We have never observed, says Dr. Grenet, that the proximity of the hot-pipe-bowl to the teeth causes the enamel to split or scale off, as some hygienists have asserted; but, we doubt not, that it does cause the gums to swell, and that, from that morbid state, result secretions, the least danger of which would be loosening the teeth.

We most often find cancer of the lip among smokers. The pressure which is too often and too long protracted of the pipe-stem upon that part, which suffers more than any other part of the mouth, from the causticity and activity of the tobacco, causes that affection.

The most simple, the most cleanly, and the most convenient mode of using the tobacco, is without doubt, smoking the cigar; it neither alters the lips nor the teeth so much, nor is it so filthy as the pipe; it makes less smoke and soot; it injures the teeth less, and does not excite so much spitting.

But no matter how, or in what way one smokes tobacco, the health is bound to suffer, unless the habit is confined to its just limits.

We say, with Percy, it is better, more especially for weak and nervous constitutions, not to contract the habit, for, adds he, out of a hundred smokers we will not find three to whom tobacco is necessary, though *one* believes he could not live if he did not throw off the phlegm that accumulates in his throat, (and every one ought to know what to understand by that;) though *another* sustains that to it is due his sight and hearing, which he would lose were it not for the pipe, or the cigar; though a *third* attest, that without the same resource, he would have been struck with apoplexy long ago; and lastly, though a *fourth* doubts not that by its protecting powers—its magic effects—he has escaped many epidemic diseases.

The same author mentions two most interesting facts not to be passed over in silence. The Count de Rieux, then colonel of the Berry regiment, was advised to smoke, to dissipate or at least to diminish the schirrous tumefaction with which his tonsil glands were affected, succeeding frequent attacks of cold and sore throat. He did so, contrary to our advice, says Percy, and at the end of two weeks, we were obliged, to prevent imminent suffocation, to cut off a third of one gland, and to scarify deeply the other, their volume had increased so much by smoking.

Professor Petit-Radel, since his return from India to Paris, had continued to smoke two pipes before breakfast, between which he drank a *demie-verre*, a very small glass of brandy. Entering his stomach empty, and deprived of the salivary juices, it displayed upon its naked membrane all

its activity and corrosive powers. This physician was attacked and died of a cancer of the pylorus (lower end) of the stomach; and thus dies almost all those who have such habits.

Dissections are daily made in hospitals of indurated and cancerous lips; and they are generally made of those of old smokers.

A story has been lately published, relative to two young officers, who destroyed themselves by smoking, thinking it was the *ton* for all young military officers to carry the pipe for ever in their mouths.

We have known a number of young and old smokers become victims of the *ton*, and die with exhaustion and consumption.

It is always imprudent, filthy, and often dangerous to use the pipe of another. We have already said most smokers are careless and dirty, and their pipes are sometimes dirtier than they are, especially if the stem be of wood, or reed, or horn, which being incessantly chewed with the teeth, imbibes, and so easily becomes saturated with, impure saliva, or the ichorous matter of an old unhealthy sore.

Before concluding this work, we will say to parents of children, they cannot be too careful in watching their children, in guarding and preventing them from contracting the unfortunate habit of using tobacco; they have been often permitted to use it with blameable facility, and without ever foreseeing all the evils and all the chagrin which result from it.

"La jeunesse est la fleur d'une nation; c'est dans la fleur qu'il faut cultiver fruit."—(*Fenelon*.)

NOTES BY THE TRANSLATOR.

It being a government monopoly, its importation, manufacture, culture, and sale, are under the control and the superintendence of the *Minister l'Interieur*. The American tobacco is adulterated in their manufactures with their own Alsace tobacco; and vile stuff they make of it. In the United States, the manufacture of tobacco is free to any who may choose to engage in it.

To that prepared in the country for chewing, copers to color it, and licorice, sugar, molasses, honey, are added to color and sweeten it. In preparing snuff, salt is added to increase its weight, and give it pungency; and for this latter purpose, urine is mixed with it, to obtain the muriate of ammonia that it contains. Powdered glass is used "to give a greater degree of acrimony, and to stimulate the lining membrane of the nostrils; and this, by some manufacturers, is very extensively employed, particularly in the Welsh snuffs. The superiority of the Macauba snuff, of Martinique, depends upon the great attention paid to the fermentation which the tobacco undergoes: it is slightly moistened, during the process, with the best sugarcane juice. Other varieties are assisted, during fermentation, by molasses or sugar."

(To be continued.)

* The youth is the flower of a nation; it is in the flower we should cultivate the fruit.

NEW-YORK, OCT., 1850.

ALL LETTERS and other COMMUNICATIONS relating to this Journal, should, in ALL CASES, be directed to the PUBLISHERS: FOWLER & WELLS, Clinton Hall, New York.

OCTOBER TALK.

BY R. T. TRALL, M. D.

PROLOGUE.—Pardon us, patient patrons, for devoting so much time, and defacing the face of so much innocent paper, in exposing and refuting allopathic absurdities. Peradventure some of you may imagine we would better act our part by simply telling what we know on our own side of the questions in issue between rational hydropathy and scientific empiricism, leaving the other side to take care of itself. Not so. The people have generally been educated in foolish whims and groundless theories; they are deeply steeped in allopathic sophistries; hence, before we can indoctrinate them in the true philosophy, we must enable them to give a reason why they abandon the teachings of the old system, as well for the adoption of the new faith as found in nature's hygienic and therapeutic agencies.

It is not often that the "old school" brethren condescend to notice our lucubrations by reasons or arguments. Standing high on "the dignity of the profession," they are above giving reasons. Generally they are contented with calling us hard names. (Occasionally, however, in a moment of extreme carelessness, they do perpetrate a real argument touching our differences on medical subjects. Here follows a couple of specimens:

ALLOPATHIC PHILOSOPHY.—Under the head of "The Abuses of Bathing," a late number of the Boston Medical and Surgical Journal utters the following *reductio ad absurdum*:

Water, in its proper application to the body, in health, or disease, we have always been willing to admit is beneficial; but when, from fashion or habit, its use in bathing is carried to the extent we have mentioned, without any regard to the condition of the individual or the season in which it is practised, we cannot concede that it is conducive to health, even if by its omission one feels uncomfortable. It is the argument of many, that its constant use is a great prophylactic; that mankind could, by its general adoption, be exempted from disease, and longevity be made certain. With all proper deference to the opinions of such individuals, we beg leave to differ from them. It is known to every individual that he has a skin, but *all* do not know its functions.

Nature has so constructed the animal that each part is in harmony with every other, and upon any deviation from the usual function of any organ or tissue, the animal machine must necessarily suffer, and in proportion to the existing difficulty of the organ or tissue invaded. The oil which is secreted by the sebaceous glands of the skin, serves the purpose of lubricating its surface. Now if this secretion is constantly removed as fast as exuded, its destined object is thereby defeated. The excretory ducts of the perspiratory glands, and the glands themselves, require this unctuous matter of the skin to keep them in healthy action. If very frequent bathing of the whole body is practised, it must be obvious that this

matter cannot be long present to perform its office. As to the assimilation of functions of the skin and lungs, it will be apparent, that when the skin acts imperfectly, or ceases to act at all, the lungs have an extra amount of duty to perform; and it is generally in just such cases that engorgement of them takes place, constituting inflammation, or pneumonia.

Such is the philosophy of the cutaneous function by one of the leading allopathic journals. The use of the skin is merely to secrete an oil to grease itself with! How bright! "The excretory ducts require this unctuous matter to keep them in action." How wonderful! We hydropaths teach and cure diseases on the supposition that the perspirable matters, be they greasy, oily, unctuous, or what not, are waste, effete, dead, putrescent, decomposed particles, which the skin throws off to keep the body purified. But our Boston Esculapius regards this perspirable matter as a vital motive power. Frequent bathing, we are told, rubs off this greasy matter, so that the skin cannot perform its office! Our notion is that the action of the skin, in cleansing the system, throws out the unctuous matter of perspiration; but the Boston man reverses this idea by the announcement that it is the perspirable matter which makes the skin act. How very, very learned!

Now for the beauty of consistency. The argument against frequent bathing, the reader will observe, is because the bathing rubs off the greasy matters of the skin. But mark. In the very next number of the Journal, another writer, after commending the reasoning of the first, takes ground against bathing, for reasons exactly opposite to those given in the previous number. He opposes bathing because it does *not* take the grease off. These are his words:

"I was quite delighted with the article in your last number. I have no sympathy with water. Nothing, to my mind, is more ludicrous than for a man regularly to strip, to jump into a tub of water, and then "jump out again!" There is no cleansing in such a process. You may *wet* the skin, make it look blue, give it the real parboiled *smoothness*—but as to cleansing one's skin so, you do no such thing. You imperfectly *wet* it, and that is all. Recollect for a moment the nature of one of the cutaneous secretions, essentially oily, and then with a glass or good eye see how it fares with the water which you pour upon or over it. This stands in small *separate drops*, for all the world resembling globules of mercury, and absolutely never *touch* the skin. Not only is air between them and the skin, but as dense a coating of natural grease as one can find on a summer's day."

See how easily these two allopaths draw the same conclusion from diametrically opposite premises. One condemns bathing, because it takes off the "unctuous matters," and the other, after expressing his admiration of number one's argument, condemns bathing because it does not take off the "natural grease."

Thus it is that the advocates of a false system are continually stultifying themselves in struggling against the flood of the "pure element" which is soon destined to wash away the absurdities of their

books, as well as the infirmities of their half drugged to-death customers.

On the theories above propounded, we would like to have the above cited allopathics explain how it is that washing the face and hands, and rubbing them, too, daily and several times a day, as is the custom of many persons, makes the face and hands liable to sickness? Is it because the grease is rubbed off, or because it is not rubbed off, or is it because it both is and is not rubbed off? Do enlighten us, good allopaths!

AN ALLOPATHIC ARGUMENT.—Not long since we noticed the inconsistency between Dr. Reese, in treating of the cholera in 1833, and Dr. Reese, in treating of the cholera in 1850. This brought out in the New York Medical Gazette the following characteristic burst of eloquence from its distinguished editor:

"But after all, Dr. H. is 'Hyperion to Satyr,' when compared with some other writers for this journal, especially one who signs himself 'R. T. Trall, M. D.,' who, in commenting on the death of the late President, perpetrates pages of twaddle which would be simply ridiculous, if his paper did not abound in 'the most extravagant falsehoods,' to use the elegant language of this prodigy of mendacity. His affirmations concerning the editor of this paper, in relation to the Cholera, are, throughout, base fabrications, and we blush at the evidence on the face of his article, that the writer knew the utter falsehood of every statement in the article. We feel no sentiment but pity and contempt for this unfortunate man, whose propensity for evil speaking seems to have been aggravated by his disappointments in his Hydropathic experiments on the public credulity. Unless he mend his manners and morals in regard to the ninth commandment of the decalogue, he will prove an incubus upon any cause with which he is connected. The contrast between the cleverness of Dr. H. and the knavish imbecility of such men as seem to belong to the same tribe, is here strikingly manifest. The one commands our respect in defiance of his errors, by the candor with which he does homage to the regular profession, and to the majesty of truth. The other disgusts us by the demoniac frenzy with which he exhibits his recklessness of truth, while he curses the whole profession in the name of all the gods at once, because they have treated him as he deserves—with 'almighty neglect.'"

Lest the readers should mistake the above for the "overflowing of the gall," or the ill-tempered effusion of some common blackguard, we must assure them the rank, standing, and dignity of the author, Dr. Reese, precludes any such idea. An ex-professor of one of our first medical colleges, a leading member of that superlatively aristocratic body of gentlemen, the New York Academy of Medicine, a man who writes M.D. and L.L.D. after his name, descend to vulgar slang and vile epithets! The thing seems quite preposterous. It is intended for argument; it must be legitimate logic somehow or other. And, notwithstanding we cannot entirely comprehend it—as we do not most of his writings—we feel bound to receive and reply to it as a powerful argument.

Our reply shall consist in proving what we said to be strictly true.

In a work published by Dr. Reese, in 1833, may be found the following language in relation to the treatment of the premonitory symptoms of cholera:

"And as nature has awarded for its own protection, [the premonitory symptoms, diarrhoea, &c.,] let them on no account interrupt or suppress this salutary process by astringents, tonics, or stimulants of any kind; and, above all, avoid opium, brandy or wine, as you would shun the face of a serpent."

In relation to the cholera, when fully formed, Dr. Reese said:

"I have dwelt thus long upon blood-letting as a remedy in cholera, because I believe it to be the sheet anchor on which our firmest reliance may be placed. And if there has been a single instance of recovery from well characterized cholera, without blood-letting; if there be a single being, man or woman, who has been recovered from deep collapse without bleeding, I frankly affirm I have never seen or known or heard credible evidence of such an instance."

We submit, if it is possible to recommend bleeding in all cases of cholera in more unequivocal language. But in his Gazette, in July, 1850, Dr. Reese, says: "Neither opium nor the lancet are admissible in late periods of the disease."

In his Gazette, Dr. Reese recommends checking the diarrhoea with cold drinks, an anodyne "with or without astringents or alkaline combinations," thus flatly contradicting the advice of his book above quoted. Again, in his book, Dr. Reese said: "The brandy and opium plan of treatment, I fearlessly affirm, is not only irrational and absurd, but uniformly fatal. I have seen the worst results from the internal use of brandy and opium." This, if true, is certainly strong testimony. But in his Gazette, Dr. Reese says: "Opium, in the earlier stages of the disease, is often a valuable auxiliary in arresting the vomiting and purging." Thus Dr. Reese, in his Gazette, commands to the patient the very plan of treatment, and nearly all its details, which, in his book, he declares to be uniformly fatal! And it was for no other crime than calling attention to such carelessness, for the benefit of the doctor and the safety of his patients, that he has visited us with such a storm of professional and gentlemanly rhetoric.

VINESIPATHY.—Under this title a mechanical or motor system of medicating diseases is beginning to be talked about. It pretends to cure diseases by "specific active and passive movements." The method consists in applying external motions, passive and active exercise, &c., to the body. The system appears to be of Swedish origin, having been practised—so it is said—for forty years. It seems to be an external offshoot of infinitesimality, as we should judge from the following explanation of a writer who signs J. J. G. W., which we take to be Rev. John J. G. Wilkinson:

"Certainly the homœopathic consideration of the subject leads to this conclusion, for perhaps there is no disease but leads in some way to alter the bearing, posture or general status of the body. In acute cases this is plain. We groan, writhe, wriggle, wince, shake, crawl, creep, dance, and so forth, with our

agonies and discomforts, showing that disease is a complete posture-master and a very good sergeant, whose drill, however, is for the purposes of relief and cure. Now, this proves, moreover, that very small areas of disease have corresponding to them large movements in the general system; and that if we understood the movements, we could, by reaction, play upon the parts and particles of the inward organs. For if a special wince or twist of the frame comes out of some one place, then by mastering the twist, and producing it artificially, we should get at that place exactly, if even it were no bigger than a pin's head. Now, here is a way of precise gunnery—of hitting disease with precision. Again, we know that there are instinctive movements of the hands toward afflicted parts of our frames. We rub ourselves with an infinite organic pity, like dumb animals, where the deep flesh is ill. This is nature in us, working for us, and showing us the beginning of an immense art of soothing, traction, nudging, &c. The details following out of it constitute *Vinotherapy*.

DEATH OF MR. INMAN.—One of the most auspicious signs of the times is the fact that many of the public papers are beginning to exercise the "liberty of speech," in relation to medical subjects. Some few gentlemen of the press have the audacity to think for themselves, and the independence to speak as they think. When this disposition becomes generally prevalent, allopathic drugging and bleeding will become particularly scarce. We copy the following article from M'Makin's Model American Courier:

"**DOCTORING TO DEATH.**—We regret to record the decease of Mr. John Inman, for so many years connected with the editorial department of the New York Commercial Advertiser. He was 47 years of age. There is a fact connected with this gentleman's decease which reflects a singular disgrace on the faculty that tolerates or countenances such villainous practices as this worthy editor was the victim of. A brother editor says he was originally attacked with a slight congestion of blood in the head, for which he was copiously and repeatedly bled, and took large quantities of drugs, (probably antimony,) as is unfortunately still the practice in such cases among some of our oldest, most popular, and most ignorant physicians. Mr. Inman stated to a friend of the writer, only a short time before his decease, that it was his firm opinion that he had been literally bled and physicked to death! He said he had been bled over a hundred times, and drugged proportionably. He himself stated that he did not believe he had any specific disease, but was gradually and fatally sinking under the repeated losses of blood and the action of debilitating medicines. It is most likely that he was originally attacked with the vertigo of dyspepsia, brought on by his incessant sedentary labors. Thus has another valuable life been sacrificed to the lancet and bolus, which, under any rational treatment, might still have enriched the world and blessed home, family, and friends! When will it stop?"

BLEEDING IN INJURIES.—A city paper publishes the following:

"A correspondent states that instances of severe falls down stairs—also out of windows, &c., &c., have been singularly frequent in the city the last few weeks. In addition to those published, he has heard of some six or seven others within a fortnight. What is still more singular, it is added, that in the cases where bleeding was resorted to, the patients died within a week; while all those persons treated with-

out it, are in a fair way of recovery. The popular notions on this subject, the writer is inclined to think, need some careful revision by those competent to furnish it."

It is but a few weeks since the New York Medical Gazette declared that "no such case would have been bled at any time during the last half century, by any regularly bred physician, nor by anybody else, except a medical blockhead." If this be true, a great proportion of the regulars are "medical blockheads," for, to our positive knowledge, bleeding in such cases is lamentably common to this day.

FLANNEL AND DRUGS.—The following idea is clipped from our allopathic contemporary, the Boston Medical Journal:

"In our opinion, once a week is often enough to bathe the *whole body* for the purpose of luxury or cleanliness. Beyond this, we consider bathing injurious. Flannel worn next to the skin at all seasons is proper, and is infinitely more healthful than all the daily baths now so fashionable."

Look here, Mr. Bostonian doctor! If we can coax people to keep flannel on the skin and cold water off, won't their skins get luxuriously tender, and won't they get the rheumatics, and the spasmodics, and the lumbago, and the bronchitis, and the colds and coughs, and the influenzas, and won't our trade flourish, eh?

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

XIV.—MICHIGAN FEVER.

This name will not be found in the books, but it is not the less expressive. It is a highly congestive, remittent, bilious fever, tending to typhus. Though frequent in many parts of the west, it is rare in this city, but occasionally a man is attacked with it, just after arriving here, and such cases, so far as I have known of them, have been either quickly fatal, or long protracted, under the common modes of treatment.

The only case I have had, was that of a merchant, from Michigan, who was taken sick, and found an asylum in the house of a friend in the upper part of the city. This friend was not a little alarmed, since an acquaintance of his, attacked in a similar manner, had died a short time before, under the usual treatment. My first visit was on Tuesday evening. I found my patient with a pulse at 128, skin very hot, tongue foul, eyes suffused, with pain in the back and limbs; I gave him a tepid rubbing bath, and the pulse went down to the natural standard, and he felt refreshed and comfortable.

At 7 next morning, the fever had come up again, and I gave him a pack, followed by a plunge bath, moved his bowels, put a wet bandage about the abdomen, and when I left him his pulse stood at 68.

At 2, P. M., he was cool and comfortable. At 9, his pulse was 84, and I gave him a pack, changed his clothing, and bandaged him for the night. Thus far his case had seemed like our common fevers, which

are often cured in three days; but still there was something about this case I did not like. The fever yielded too readily. I soon found what I had to deal with.

At 11, a. m., the third day, I gave him a pack, which he went through favorably; but at 3, p. m., I was sent for hastily. The people about him thought he was dying. I found him in one of the severest fits of rigors I ever saw, with bloodshot eyes, great heat of the head, and other symptoms of cerebral congestion. I applied cold compresses—that is towels dipped in cold water—to the head, and sponged his chest with cold water, while his extremities were rubbed, covered with blankets, and bottles of warm water placed at his feet. Fever and perspiration ensued, and the subsequent course of the disease was a course of slight chills, fever, and profuse perspirations; with a reactive power so low that constant caution had to be used to avoid sinking him into rigors.

The treatment from this time consisted in sponging the whole body two or three times a day; changing his clothes as often as they were filled with his profuse perspiration, often renewing the wet bandages, which reached from his armpits to his hips, giving daily injections, and keeping up, as nearly as possible, the equilibrium of temperature. In ten days from my first visit, he had so far recovered as no longer to require medical attendance.

I was never more satisfied than in this case, of the real, material character of disease. This man's body was full of it, and at the same time weakened by it. The fever was nature's effort to cast it out. As this effort went on, the foul matters of disease, laid up for years, exuded sensibly from every pore of his body. It filled the room, stained and saturated the clothing, and colored the water in which he was bathed. There could be no mistake about it, and no one who was not crazed with a hypothesis could deny it.

I learned much caution from this case. In our ordinary congestive fevers you may use pretty heroic treatment. A man will sometimes bear half a dozen packs, with cold plunge baths, a day; but here, after the first day, merely sponging with ice water brought on the most violent rigors, reduced the pulse to a thread, and produced sinking appearances of a very uncomfortable character. It is surprising how little is often necessary to reduce febrile action. Often a slight and rapid sponging will reduce the pulse thirty or forty beats a minute. And how immeasurably superior is this to the remediless letting out of the life blood with the lancet, or poisoning with antimony. Suppose this man had been bled in the first instance, as would have been the case had he sent for any of the old school practitioners. He would probably have died; or if he had recovered, it would have been after many weeks of sickness, and a protracted convalescence. Every case of acute disease impresses me more and more with the wonderful efficacy of the water treatment. Its miracles may be in chronic

diseases; but as acute ones are so rapid and easy to cure, they show its resources more vividly. The physician who bleeds and gives antimony at this day is a sad bungler; and the sooner he learns better—why, the better it will be for his patients, if not for himself.

CASE XV.—EPILEPSY.

An interesting boy about twelve years old was brought to our house some months since, to be treated for this terrible affliction. His fits had not been frequent nor violent; yet the disease showed itself by other manifestations. There was languor, a nerveless inactivity, a kind of timidity, a crouching attitude, a turning inward of the hands and feet, a morbid appetite, and other appearances, better distinguished than described.

He was put at once upon a very thorough course of treatment, including a daily pack, sitz-bath, bandages night and day, the douche, after a time, gymnastic and vocal exercises, and carefully directed lessons in manliness and self-reliance; and, what was of the greatest importance, a carefully selected and spare vegetable diet. After commencing treatment, he had three fits, each of which was, as I believe, immediately induced by gastric irritation, consequent upon too much indulgence in food. Twice, when the fit was coming on, I checked it, by making him drink two or three tumblers of cold water, aided, perhaps, by some moral influence.

The strength and manliness of this boy increased rapidly; and he soon began to walk, and talk, and act like another being. As a necessary piece of discipline, he was separated from his nurse, and encouraged to take care of himself; he voluntarily gave up having a light to sleep by, to which he had been accustomed from infancy. And after the appearance of a crisis, which came as a violent rash covering the lower part of his body, and which was accompanied by a profuse diarrhoea, he never had another paroxysm of his disease. He went home to continue his cure, and, at the last accounts, was fulfilling the most sanguine expectations of his friends.

That every case of epilepsy can be cured as rapidly as this one seems to have been, must not be expected; but the Water-Cure holds out to all cases the means of relief, and to many, the means of cure. I believe that every case may be cured, where there are not organic lesions of an important character.

CASE XVI.—INTERMITTENT FEVER, ENDING IN SINKING TYPHUS.

This is the first fatal case I have yet had to record, and in doing it I perform a melancholy duty. Hitherto I have written of the successes of the Water-Cure, but I have had to experience that there are cases in which even its potent and wonderful resources are vain.

A lady, who had been living in a malarious part of this city, was taken with what seemed a violent intermittent. She was thirty-five years of age; thin and delicate, with four children, the youngest only

seven months old; and her disease was complicated with uterine disease. I had to do with an active temperament, and an almost exhausted nervous system. I directed the babe to be weaned at once, that it might not imbibe the disease of the mother, and, aided by the intelligent care of her relatives, tried to guide her as carefully as possible, and with as little shock as might be through the paroxysms of the disease. In fact, this hope seemed to be almost realized, for one week from the Sunday when I was first called, I found her so well, that she went down stairs, dined with the family, and felt nearly well. It may be that this exertion was imprudent; it is certain that from this time the disease took on a typhoid character; and on the following Thursday she sank into a state of delirium, which subsided into coma, from which she never recovered for a moment, and of which she died on Sunday morning.

In portions of the country, subject to malarious fevers, such sinkings, after intermittents, are not uncommon. Often a man will be in the fields on one day, and in a fatal collapse the next; but here such cases are more rare. The sinking in this case, the paralysis of the external vessels, the consequent internal congestion, were the results of a nervous exhaustion which nothing could remedy. It was a steady sinking, which nothing could check, for the very capital of life was exhausted. The wet sheet pack, hot fomentations, with violent and long continued frictions, were alike ineffectual. Where these fail in assisting nature, or where nature fails, with these excitants, all ordinary stimulants are powerless: yet, in such an emergency, I would not for a moment stand in the way of anything that seemed to promise relief. I proposed, therefore, to call in one of the most distinguished of our Homœopathic physicians, who, though a faithful follower of Hahnemann, in his belief in infinitesimals also uses the most powerful Allopathic stimulants.

I frankly laid his opinion of the case before the friends of the dying woman, and the means he proposed to use, in the hope, which he at first entertained, of bringing about reaction, and saving her; and left them to choose whether they should be adopted. Willing to lay hold of the slightest hope, they assented to my proposal that my Homœopathic friend should administer such remedies as he thought advisable, and that we would together watch the effect. He gave arsenic, stramonium, and finally opium, each of the third dilution; he also ordered wine *whew* as a stimulant, which was subsequently replaced by brandy; and chicken broth as a nutriment. The homœopathic remedies produced no perceptible effect, the stimulants merely quickening the pulse and breathing. The pulse had remained steadily at 120; it now went up to 144, and became more and more rapid, until it was scarcely perceptible.

The last remedies I advised were the wet sheet, with which there was abundant warmth, but no reaction, and friction over the whole surface, especially the extremities. This was applied for some hours,

by four persons at a time, with entire faithfulness, but without effect. I left her bedside at midnight, and two hours after she breathed her last, having changed from the pure to the spirit life like one fallen into a deep sleep.

I was in no way disappointed in the effect of the stimulants used. They did their own work—what they always do; and I am confirmed, even by the results of this case, in the belief that Water-Cure appliances are the best of all remedies, though they are not infallible, or man would be immortal.

87 West 22d st., New York.

SELF PRACTICE WITH THE WATER-CURE.

BY E. A. KITTREDGE.

THE first great thing to be done in all acute cases, I said in my last, was to reduce the temperature to the natural standard. This is not so easy a thing as one would imagine who had not tried it: for in acute diseases, especially where there is considerable inflammation, the caloric accumulates so fast that though apparently you have put out the fire, you find in a few minutes that the patient is as hot as ever.

In such cases it is absolutely necessary that the attendant should stand over the patient nearly all the time, and by frequent ablutions, spongings, renewal of wet bandages, &c. &c., keep down the heat, otherwise you will have done but little.

The great mischief in fevers and acute diseases generally, I apprehend, is the accumulation of caloric, which, increasing the circulation, causes pressures, local determinations, and of course great disturbance of the nervous system, pain, restlessness, &c., &c.

This being the case, you will readily perceive how important it is to conduct off this superabundant heat as fast as generated. And you will also bear in mind that in cases like these, where the means of combustion are so constantly being evolved, that the flame, or inflammation, will be proportionably great, and the applications which in an ordinary state of the body would freeze one almost, will produce scarcely any effect.

To illustrate, you find it much more difficult to put out a blacksmith's fire while he is lustily plying the bellows beneath it, than you do when no extra amount of oxygen is applied to it.

I dwell on this point, for well I know it is all in vain to go any farther till you have "got the upper hand of the heat."

This was brought forcibly to my mind no longer ago than yesterday.

Master R., a lad of fourteen, twelve miles from town, was taken with common inflammatory fever some four or five days ago. When I arrived, a day or two after, the accumulation of caloric was immense, and the poor little fellow was fast getting "into hot water,"—the head ache, &c. being almost intolerable. By means of double wet sheets, slightly wrung out, large wet bandages being placed on the back

and bowels first, sitz baths, wash downs, &c., we soon got him into a comfortable condition; but the treatment being new to his parents, though they were full of faith, and did nobly, the calorific now and then accumulate, and yesterday morning I was called up to go to him, because he was "so restless and full of pain in the head," being unwilling to get up, &c., &c.

I fortunately was near at hand, having stayed over night in the town, and in a few minutes the lad, who had passed one of the most wretched nights conceivable, was laughing in his snug but most delicious quarters, the double wet sheet, which in thirty minutes he left, and was washed down with a bucket of good cool water. With strict orders to keep the fever down, I left for home at 7, A. M. At 5, P. M., I saw him again, and found him as "cool as a cucumber, and happy as a clam," he having in fact suffered nothing during the day, and simply because instead of letting the heat get the upper hand, they had got the mastery of the fever, and kept it.

Query, supposing that boy had had, yesterday morning, instead of the water, some strong 'valerean tea,' to quiet his nerves! some 'tinct. digitalis,' to lessen the circulation! some 'wine of antimony,' to cool the fever!! and some 'active cathartic,' to move the bowels! and a 'good smart blister,' to relieve the head!—where do you suppose he would be in a few days from now?

No, my friends, there is nothing, I am convinced, I can say to you who are obliged to rely on your own knowledge in the treatment of disease, so important as this reduction of temperature.

Once more then let me reiterate, keep down the heat in acute diseases at all hazards. Unless you do this, you do nothing. As for the hour you do it, it matters but little, so that you do it quickly and efficiently. You will of course, always regard the patient's feelings and strength as much as possible.

The quickest and most effectual way, is to put him into a tub half full of coldish water—not very cold—and wash him down in it till he is thoroughly cool.

If you would quench a brand of fire, you would keep plunging it into the water as long as you saw any fire was left. Do so with your patient, for as a man is to a brand, so is the importance of putting out his internal fires.

Well, having succeeded in 'putting out the fire,' we have but very little to do in common cases of fever, except to see that the smouldering embers are not fanned into a flame again, and to guard against local determinations.

The next great thing to be done after reducing the temperature, is to equalize the circulation, and restore the equilibrium of the nervous system.

If the blood be determined to the head, the lungs, or the bowels, the feet and extremities, and often the whole surface of the body, except the part immediately affected, will be cold; in this case, wet sheets till warm all over, foot baths, and long continued gentle frictions must be resorted to. You need

not stop to ask what the name of the disease is; call it 'phlogosis,' and go at it! All you have got to do is to get your patient into good condition as quickly as possible, and nature, who has got up all the commotion only to rid herself of an incubus, will not care whether you give the right or any name to her efforts, if you will only aid her in a sensible way, and prevent the necessary arterial excitement from burning up the house she lives in.

'What's in a name?' In my opinion, the harm that has been done by nosology in the classification of diseases, is incalculable. Many and many are the victims who have been sacrificed at the shrine of nosology,—the doctor letting him burn up while he was looking up a name for his disease!

Have names, if you will, but in humanity's name I entreat you to get your patient into good conditions first, then you may hunt up a name as long and as high sounding as you please, but till then you have no need of names. To some of my readers this will seem terribly heterodox; they have so long been accustomed to have their disease christened, that they would as soon think of their children going without christening as their disease.

I know it has always been paramount, both with doctor and patient, but I defy either to show any practical benefit to be derived in treating the case.

It is all well enough to give some generic name to peculiar manifestations of disease, as fever, measles, Erysipelas, &c., &c.; but will any one pretend to say that it will be of any consequence as regards treatment, which of these phases of diseased action you are prescribing for?

I am not talking to men of drugs. "I speak as to wise men." "If a man has the measles, it is important to know its cause; if they don't come out, he'll die," says one.

If a man has the measles, and he is in good conditions, they will come to the surface, and tell their own name, and all you have got to do is to get out of the way, and he will soon be well.

On the other hand, if he be not in good conditions, no matter what he has got, you may stand and cry measles till you are hoarse, and stuff down his reluctant throat all the nauseous drugs you can get at, and yet I say if he be in bad conditions—if he is not, it won't be the doctor's fault!—the measles won't budge an inch, call you never so loudly. To the truth of this let the thousands who die annually victims to the name treatment in this disease, bear witness.

The drug doctors think because the recuperative power of many children is strong enough to overcome both the disease and the medicine, that the medicine does the work, and that the patient got well in consequence of the drugs, whereas it was in spite of them.

"What," says one, "do you mean to say that the same treatment is applicable to all diseases?"

I mean to say that the same kind of treatment is; but as diseases differ in degree, so must the treatment.

A patient with a high fever, no matter by what produced, wants the same treatment, and generally speaking, you *cannot know* what is the cause of it till you have reduced it. For instance, in the measles, the great reason why the eruption in bad cases comes not readily to the surface is because the fever is so high; this being the case, you will perceive how stimulating drugs and driving medicines must make a bad matter worse.

In some cases, the determination to the lungs is so great as to overpower the recuperative energy, and prevent the natural determination of the eruption to the surface, and in all cases the equilibrium of the nervous system is greatly disturbed in such cases; the fact itself is before you, all you have got to do is to remove bad symptoms in a sensible way, and not bother your already anxious and puzzled brains with what might or might not cause the commotion.

ERRORS IN WATER-CURE.

ONE error that is almost universal amongst Water-Cure Physicians, is allowing their dyspeptic patients to eat too much. Amongst vegetable eaters repletion is the great sin to be guarded against. A dyspeptic patient can digest much sooner and more comfortably a small bit of flesh meat, than a dozen of potatoes or peaches—hence many conclude that flesh diet is best for the dyspeptic. The true conclusion is, that a small quantity of food is better for such a patient than a large quantity. Vegetables are difficult of digestion to those whose digestive powers are impaired, and a large quantity of gas is disengaged from undigested vegetable food—hence dyspeptics who eat largely of vegetable food, complain of bloating and flatulency. The true diet for those who have indigestion, and are not determined to be carnivorous, is, 1st, *good bread*, brown or white, according as the bowels are loose or constipated; 2d, ripe fruit, rice, tapioca, sago, and milk, come next in order, or as soon as variety can be allowed. The main point in dyspepsia is to prevail on the patient to eat little enough. What are we to think of Water-Cure Houses, where the Physician never gives a direction with regard to the quantity or quality of the food eaten by his dyspeptic patients? The want of close, skilful, and careful supervision in Water-Cure Houses has become a crying sin in our land. It is not of one, or two, that I complain in this respect. No one need think I mean him alone. But I hope all will profit by the complaint that I now utter for the people, if they have need to profit. I shall be sure if they do not deserve reprehension, that they will not find fault with my words.

Want of cleanliness is a strange and grievous sin to charge upon Water-Cure Physicians, and yet I know more than one Water-Cure House where such evils exist as I am about to mention, and let it be remembered they are houses that aspire to be *first* in the land, and are so considered by many. 1st, A large plunge bath is used generally, with a small stream of water running through it, by all the pa-

tients, one after the other. I have known patients with cancers to go in with the better class of patients. We have now in our house a gentleman who has recently come from one of these "first class" Water-Cure Houses, where this is done. I asked him how he could submit to such an outrage on decency. He said, "we had no alternative; we must take that bath, or none; but I never went into it without a shudder."

The most astonishing thing to me is, not that Germans and their servile imitators should thus set at naught the first principles of Water-Cure, but that Americans should ever bring themselves to submit to be immersed amid the foul virus of disease washed from patients with all kinds of diseases—perhaps with cancer, perhaps with the taint of nameless ills that are more frightful still.

2d, Two towels are given patients for all uses for a week, and in some houses the towels are common, like the baths, and the patients must find their own, or submit to use them like the children in an orphan asylum, who all got ophthalmia from being wiped on the towels which some of their number had infected with the disease.

Now in our Water-Cure, the regular number of clean towels allowed each patient daily, is seven, and they have more if they wish, and no patient ever uses a towel but once before it is washed. Towels and packing sheets are washed after each use, and scalded and boiled once a week. Bandages are clean, morning and evening; and a fresh, clean bath is given to every one who takes a bath. We should as soon think of keeping a mad dog in our house, as one of these indiscriminate plunge baths, and we believe in keeping towels, packing sheets, and bandages sweet and pure, as much as we believe in Water-Cure.

We have had patients come from what were called "first class" Water-Cure Houses, whose bandages were as stiff as thin pasteboard. They would almost or quite stand alone. I make no remark on facts like these. They have trumpet-tongues of their own.

Inattention to the state of the bowels is another error too common. It is often enough for the physician to know that his patient has a daily movement. Now, frequently this movement is difficult and entirely insufficient, and there is an accumulation of hardened feces in the bowels, which the system makes an effort to absolve and remove. This evil of itself is enough to cause typhus. This neglect is in many ways most disastrous. New-born infants often have inability at first to move the bowels, and great pain and disturbance ensue, which an infant syringe, that will cost two shillings, and a little tepid water, will most effectually remove. All that is needed is a little thought on the part of the doctor.

As a Water-Cure Physician, and Conservator of the Public Health, I object to every species of filth, within and without us. The practice of putting cotton comfortables on beds at Water-Cure Houses, (or in any other house,) I protest against strongly. The

cotton does not suffer perspiration or transpiration to pass off ; a great store of effete and diseasing matter from the body is laid up in them ; and what is more, they are not made to wash, and are not washed. Blankets that are kept clean, are the proper coverings of our beds, and mattresses made of hair, grass, moss, straw, shavings, husks, &c., are the proper beds for us to lie on.

MARY S. GOVE NICHOLS.

87 West 22d st., New York.

AMERICAN VEGETARIAN SOCIETY.

In accordance with the arrangements made at the formation of this Society, last May, its Annual Meeting was held at the great hall of the Chinese Museum, Philadelphia, on the 4th of September, Dr. Wm. A. Alcott, of Massachusetts, presiding. Letters were read from friends of the cause, who were prevented from attending ; and also an address from the English Vegetarian Society, to their brethren in America.

Upon the nomination of the business committee, the following officers were elected for the ensuing year :

PRESIDENT.

DR. WM. A. ALCOTT, West Newton, Mass.

VICE-PRESIDENTS.

DR. T. L. NICHOLS, New York.

DR. J. GRIMES, Boontown, N. J.

WM. HORROCKS, Esq., Frankfort, Pa.

H. H. HITE, Middletown, Va.

DR. I. JENNINGS, Oberlin, Ohio.

DR. R. D. MUSSEY, Cincinnati, Ohio.

J. WRIGHT, Esq., Memphis, Tenn.

A. BRONSON ALCOTT, Mass.

DR. R. T. TRALL, N. Y.

CORRESPONDING SECRETARY.

REV. WM. METCALF, Kensington, Philadelphia, Pa.

RECORDING SECRETARY.

JOSEPH WRIGHT, A. M., Camden, N. J.

TREASURER.

SAMUEL R. WELLS, New York.

In the evening, a public meeting was largely attended, and addressed by Dr. Alcott, Mr. Lewis, S. Hough, Mr. Harrison, Rev. Wm. Metcalf, and others. A medical gentleman present, undertook to controvert the scientific positions of the speakers, and to prove that flesh was the natural and appropriate food for man, but as his zeal was not according to knowledge, he made but little progress.

But the most beautiful part of this meeting was the vegetarian banquet, which came off on the following day, and which, being prepared by Philadelphia ladies, the most of whom had never tasted flesh in their lives, was eminently worthy of the occasion. One hundred guests sat down to a table of three courses, containing over thirty cooked varieties of food, besides preserves, and not including a magnificent dessert. A richer, a more luxurious and beautiful dinner was probably never prepared in this country.

The banquet room was tastefully ornamented with

flowers, fruits, and festoons of evergreen. Above the platform occupied by the officers, was the following scriptural motto :

"GOD SAID

"Behold I have given you every HERB bearing seed, and every tree in the which is the FRUIT of a tree yielding seed ; to you it shall be for MEAT."—Gen. i. chap. 29.

Brief speeches and pertinent sentiments were the order of the evening. The following are specimens :

"A vegetable diet, properly selected, the basis of all reform, physical, intellectual, and moral."

"Live, and let live."

"Humanity—to be good, and to do good."

"Our Vegetarian festival—rational, bloodless, peaceful, humane, prepared without cruelty or stratagem,—supplied with healthful luxuries from the infinite bounty of Nature—a step in the progress of the race toward the millennial day, when the lion shall lie down with the lamb, the destroyer and his victim shall dwell in peace and harmony."

A second table was spread, at which about a hundred healthy and happy vegetarian children sat down to this real "feast of reason."

During the meeting, a committee was appointed to report upon the establishment of a monthly periodical, devoted to dietetic reform. Such a work, in good publishing hands, and ably edited, as it well might be from the amount of talent enlisted in this cause, might be the means of great good.

Having been prevented from attending this meeting and festival, by a pressure of professional duties, it gives me great pleasure to prepare this brief sketch of the proceedings from the materials furnished me by the excellent corresponding secretary of the Society. I had hoped up to the day previous to have been able to attend, and regret that I could not have witnessed the profusion and elegance of that pure and beautiful banquet, which had not caused a pang to one of God's creatures. When a man of thought sits down to a table like that of the Astor House, there rises before him visions of stately oxen, innocent sheep, pigs wallowing in the mire, all vilely butchered ; with geese, turkeys, chickens, ducks, ruthlessly sacrificed, and not more cruelly than uselessly, to gratify a perverted appetite. Looking further, he sees a train of diseases come to avenge this barbarity. What a contrast was that afforded by the Philadelphia banquet ! There was variety and profusion enough to satisfy every natural and healthy appetite ; but all was bloodless, pure, and healthful. A man could sit at such a table without wondering whether the food he was eating was not tainted with disease ; he could see a lovely woman eat without the idea intruding itself that her beautiful mouth was becoming the receptacle of dead carcasses, and what, but for cookery, would be carrion.

There can be no more impressive way of disseminating vegetarian principles, than by giving such banquets ; but we fear there are few places where they could be so well managed as in Philadelphia, where there is a society of considerable numbers, in which the elder members have lived for more than

forty years, and the younger ones all their lives, upon a vegetarian diet.

I believe that I am very far from being fanatical; I recognise all conditions and uses; I think there may be circumstances in which even such an omnivorous scavenger as the hog may be eaten; I will not say that men, under the pressure of famine may not be justified in eating each other; but I contend that there is a natural and proper food for man, consistent with his highest degree of health, development, and happiness; and that this diet is to be found in the vegetable kingdom.

I have already written upon this subject in the Journal, and shall probably have more to say in future numbers. My present experience of vegetarian diet is of about two years and a half duration, and my health has all this time steadily improved, while my strength is such that I can endure almost any amount of labor, mental or physical, and can carry my own weight up two long flights of stairs without much quickening my circulation.

T. L. NICHOLS, M. D.

87 West 22d st., New York.

HYDROPATHIC RECIPES.

BY R. T. TRALL, M. D.

WATER BISCUITS.—Mix fresh ground wheat meal, (Graham flour,) with warm water, into the substance of rather soft dough; roll the mass out as thin as common Boston crackers; cut into small biscuits, and bake in an oven, range, or stove. This is an excellent form of unfermented bread, admirable for weak stomachs and dyspeptics, and can be made in families who have not the knowledge, experience, or patience necessary to make good loaf bread.

FRUIT PASTRY.—Pies are generally condemned in all systems of dietetics, pretending to be physiological; while plain puddings are as generally commended, or at least allowed; but pies can be so made as to be really more healthful than the plainest puddings. The great objection to pastry, as usually found, is its bad preparation. Unbolted flour, milk, and sugar, with a little sweet cream, are in themselves unobjectionable; and they can be put together in the form of pastry, as well as eaten unmixed. The crust should be made of Graham flour, or equal parts of Graham flour and farina, and shortened with sweet milk, and a little fresh cream. For the contents, it only requires some kind of fresh or good dried fruit—blackberries, whortleberries, apples, pears, peaches, &c.—and sufficient sugar or molasses to make them palatable.

INDIAN CAKE.—For making Indian cake, bread, mush, or pudding, the fine meal should never be used. It will not cook as lightly, nor be as sweet or palatable. What is called coarse meal should always be selected; and it should always, if possible, be fresh ground. This may be wet up with warm water, sweetened moderately or not, according to taste, and

raised with sour milk, and super-carbonate of soda. It must be well baked.

BROWN BREAD BISCUITS.—These may be made of wheat meal, managed in all respects as the Indian meal above mentioned. They help to make a variety, without departing far from the law of simplicity.

TOMATOES.—This delicious fruit is not usually well cooked. It is perfectly healthful in its natural raw state, and many persons prefer it so; but when cooked at all, it should be stewed until part of the water is evaporated. Toasted bread crumbled into it, is harmless, and makes a more agreeable dish to many.

GREEN CORN.—This should never be boiled in salted water, as the fashion of many is. The salt hardens it, and renders it less digestible. Those who use salt should put it on after the corn is boiled. I have always used green corn at my invalids' table, and have never known the most delicate stomach injured by it. If better, however, is eaten on it, I would not be willing to answer for the effects.

CUCUMBERS.—I regard these articles as perfectly healthful to stomachs accustomed to plain living, if eaten just as they grow. I can use them with the same impunity as potatoes. But as the public taste has become so fixed on those pernicious condiments, vinegar and pepper, whenever cucumbers are on the table, it is better to keep the condiments out of the way.

THE WATER-CURE AT GRAEFENBERG.

The following letter was addressed to Frank Stewart, M. D. of Philadelphia, and transmitted by him to the publishers:

Friedwaldau, Germany, August 2d, 1850.

We arrived here on July 13th, found PRIESSNITZ's place at GRAEFENBERG full, so came here. Friedwaldau is about a half hour's walk from Graefenberg, over a most beautiful country; the hills abounding with springs of water, so arranged as to be constantly flowing through the pipes or spouts placed on walls of stone or marble, each one having a particular name. The rule here is for patients to drink a tumblerful at each spring, until you have taken five before breakfast. I carry in my pocket a flat tumbler, a great many persons have cups similar to powder horns, with the small end plugged, and the large end open to drink from. The cup so constructed answers a double purpose: by taking the plug out, the cup becomes a horn, or trumpet, which you can sound as a signal to a friend. A great number of persons have these cups or horns slung with cords around their shoulders.

We had quite a difficulty in finding rooms hereabouts, or a place to stow ourselves; but at last, by perseverance, obtained some; but they lacked every thing requisite for comfort, we having to purchase or hire beds, bedding, towels, china ware, cooking

utensils, &c. &c., and a person to cook for us, and bath tenders, to have our baths ready for us, &c.

PRIESSNITZ has been several times to see us, he is *present* always during the first bath, and *from that* makes his diagnosis, then listens to the recital of the symptoms as given by the patient himself, merely nodding his head from time to time as he understands what is spoken; then he gives directions to the bath servants, and patients must obey the orders. One of the gentlemen present being ordered sitz baths, made the remark that a distinguished physician in Munich thought his heart was affected, and that sitz baths would not answer for him as they gave him some pain in that region. He immediately replied, "of course they would,"—and repeated the order stating that he had cured a number of cases of heart disease by the "*water-cure.*"

* * * * *

There are no Americans here that I have seen, except ourselves, but an immense number from other nations.

There was a grand Flower Festival and Ball at Graefenberg a few days ago; no stranger would have supposed that the guests were patients,—they all looked better in health, and were in higher spirits, than any assemblage of dancers that ever perhaps congregated in a Philadelphia ball room; a number of Prussian officers came from the frontier by invitation—the rooms were decorated with flowers, and fountains of running water, (copies of the fountains around here,)—and flags of nearly every nation hung round the walls, amongst which were two American, (our own.)

Priessnitz has long since discontinued sweating his patients—he now adopts a plan of merely exciting some action on the skin, say sufficient to establish a general glow, a feeling of warmth, whilst undergoing the wet sheet pack, and then immediately has the bath administered.

After taking the bath, he orders his patients now not to dry themselves immediately by rubbing with towels, but to have a coarse sheet thrown over them whilst standing before an open window, and then to fan themselves dry by *slapping the ends of the sheet on their persons*, &c. His plan is pleasant.

For breakfast we have, or are allowed, sour milk, (buttermilk,) strawberries, brown bread, &c.; same for supper. Meat and vegetables for dinner.

It is amusing to see the different persons of various natures, here, undergoing the "*Cure*," walking about over the hills—some ladies, elegantly dressed; they are mostly English—some with their faces tied up, some with bonnets on, some bare headed. Gentlemen all go without hats or cravats. I met one this morning, walking without hat or cravat, or stockings, and carrying a piece of honey-cake in one hand, and a tumbler of water in the other. Hats, cravats, stockings, gloves, and waistcoats, are here termed superfluities, and immediately dispensed with by all the real Water-Cure patients.

A most wonderful effect has been produced on me

already by this system of living; the great desire I have had for so many years for segars, smoking as you know some ten a day, has been so far overcome or checked, that I cannot smoke more than *one* after each meal, and I do not in reality enjoy that number.

I have a paragraph to add, you will be sorry to hear or read. Priessnitz was seriously ill a few days since with an attack of apoplexy—he was insensible for several hours, but I am happy to add that by immediate water treatment he so far recovered as to be able to be about, looking after his numerous patients, in two days,—indeed the day following he was out.

People here have so much confidence in the Water-Cure, and are so sure of being relieved of the cholera, or other sudden complaints in a few hours, that *we eat everything*; nobody seems to be afraid of any sickness.

I will send you in my next letter Priessnitz's treatment for the cholera. It is said he never lost a case where it was adopted in time.

THE WATER CURE AT HOME.

BY J. B. KIRKALDIE.

As I see frequent notices of "Home Treatment" in Water-Cure, in the Journal, I take this occasion to communicate its results in my own family. The patient, a little girl of two and a half years, was treated by her mother, whose information in the matter was all gathered from your publications. She was attacked early on the morning of the 7th of August, with a violent dysentery. The discharges, after a few of the first, were little else than bloody mucus, very frequent and accompanied with much pain, together with nausea and vomiting, which in a few hours completely prostrated her physical energy. As soon as a suitable syringe could be procured, cold water injections were given at each movement of the bowels, together with warm water to drink, which acted well the part of an emetic. The evacuations changed in appearance immediately after using the syringe. The third resembled very nearly the operation of calomel, (no medicine however was used,) after which she was put into a warm rubbing bath, 15 or 20 minutes, followed with a bandage around the abdomen, wet in warm water. The fourth injection was retained 8 hours, and the fifth perfected the cure. All in less than 18 hours. The third day from the first she was at her play, as though nothing had occurred.

PRESERVING BUDS AND GRAFTS.—The mode first suggested by T. G. Yeomans, of Walworth, N. Y., of preserving the scions of fruit trees in moist sawdust, has proved superior to any other. It is better than damp moss, as the scion may be perfectly imbedded in it, leaving no interstices; and it excels moist sand, in being lighter, more spongy and entirely free from any grit which may injure a knife.

REVIEWS.

BY R. T. TRALL, M. D.

INFORMATION FOR THE MILLION, OR TRUE GUIDE TO HEALTH.—Here we have a book from Charles D. Hammond, M. D., pretending to be a medical guide on "eclectic and reform principles." Judging from the manner and matter of this book, it seems to have been made up on the following *selectic* plan. The author, we will suppose, possessed a small library, perhaps fifteen or fifty volumes. He was anxious to make a book. He wished his book to possess all the variety and interest possible within a specific bulk. We will suppose the author took about so many pages from one book on one subject, so many from another book on some other subject, and so on until he had filled out an *original* book of his own! We judge this from appearances, from the promiscuous and disorderly manner in which his subjects and chapters are jumbled together.

The book, however got up, contains some sayings and writings which, being true, are very good; many which are exceedingly vulgar and foolish; and not a few which are positively pernicious. Its medicinal department smells strong and rank of the rum-shop. Perhaps it was intended to "catch" the patronage of that class of community who are known to be "liberal minded" on temperance matters, and can "drink or let it alone." Thus, among his prescriptions this wonderful guideboard of a doctor recommends *nervous* persons to take *wine* and water with a little *branded* nerve tincture at meals. For *consumption*, *old Madeira* is prescribed. *Dyspeptics* are handed over to *old cider*. For *faintings*, *cordial* or *brandy* and water must be given. For *loss or defect of memory*, the patient must take a tablespoonful of *brandy* three times a day. *Nightmare* is doctored with half a wine glass of *good old brandy* ten minutes before bed time. For *impotency* the doctor deals out a long list of the "crittur,"—*madeira*, *sherry*, *good ale*, *porter* and *stout*.

We would not waste ink in noticing a book so full of "information" calculated to "guide the million" to drunkards' graves, were it not the fact that many are deluded with just such contemptible distillery trash, simply because it is mixed up with a little smattering of common place medical subjects, and some advice which is really correct. False doctrines never do any harm, except when mixed with a little truth to make them "take." The devil never preached a lying sermon, since his first appearance in the Garden, without seasoning it with more or less facts to make it go down.

ECLECTIC SURGERY—Benjamin S. Hill, M. D., Professor of Surgery in the Eclectic Medical Institute, at Cincinnati, has given us a work under the title, *LECTURES ON THE AMERICAN ECLECTIC SYSTEM OF SURGERY*. Surgery is either mechanical or medical. The former is confined to operations, the

latter contemplates medications. The operative part of surgery is a real art, a "fixed fact;" the medical part, as ever thus far practised, is almost wholly unphysiological. The eclectic school have, by an abandonment of the more heroic measures and agents of allopathy,—bleeding, calomel, etc., and the substitution of safer and milder means, certainly made an improvement in treating diseases on the drug system. The "heresies" of this school are now to be applied to those complaints, the management of which comes more immediately under the prescriptions of the surgeon. Here Dr. Hill has well sustained his part. Indeed much of the success of operative surgery depends on the direction of that part of the treatment which is strictly medical; and in this relation the eclectic heresies have the advantage over regular orthodoxy, in employing better and less hazardous agents.

Surgical diseases, and their mechanical and medical management, are presented by Dr. Hill in a manner remarkably clear, candid, and judicious. Probably his work is the best general system of surgery extant. His greater reliance on hygienic agencies indicates a nearer approach to and greater confidence in the true physician, Nature, than we are accustomed to find in surgical works. Many of the dangers and fallacies of allopathic drugging are exhibited in bold relief, and the sophistries of their authors are exposed with exceeding pertinency and brevity. On the whole, the work is highly creditable to the eclectic school; and, as to the profession and the public, the best they can do is to accept it as their work of reference until, at no distant day, a still better system shall make its appearance on hydropathic principles.

MISCELLANY.

GOSSIP FROM BOSTON, BY NOGGS.

DEAR FELLOW-CRITTERS:—The season has been "terribly healthy," the doctors say, hereabouts, there being some seven hundred less deaths in Boston this last month of August, than in the same month last year! but "we live in hopes" they say, or would say, I suppose, some of 'em, if they "spoke out."

Just think, only a thousand deaths in the great city of Boston in a month! Where there are nearly two hundred physicians! with the cholera to help them, too.

Don't let anybody say in future that physicians are not useful!

What could we do with all the children, if they all lived?

How beautifully the doctrine of "specifics" is proved, too.

Children who take them, never are troubled with the disease again; very many of them, at least.

Brother Lorenz has left Waterford for the region of Philadelphia; he was much liked at W.; he would have done well there under other circumstances.

The Water (Cure) is rising rapidly hereabouts, and great demand is made for physicians.

Can there be no way of supplying the demand?

Why not start a Hydropathic College?

Everybody knows that it is very much needed, and, in my opinion, if the thing was properly begun and prosecuted, it would be easy enough to establish one.

Many are the fields now "ripe for the reaper," and many the laurels that might be won and worn, compared with which, those of the greatest chieftain that ever drew sword on his fellow-man, are but withes of meadow hay.

One poor little doctor died in this vicinity a few days ago, a victim to his own cruel treatment, being literally leeches, blistered and irritated to death, as many a poor fellow had been by him. Verifying the Scripture, which says, "Whoso taketh the sword shall perish by the sword."

The town in which he lived, mourn his loss as the "terriblest thing that ever happened" to the town of W—, "but the knowing ones there look upon it as one of the "wise dispensations!" He, in fact, "died that others might live."

He was, no doubt, a fine man as a man, and if he had not mistaken his calling, might have been a useful man.

The plumpness and richness of your last number excites universal admiration. One lady remarked to me to-day, that she "never knew a journal so well kept up and supplied with good reading matter for so low a price."

There is only one fault that I hear of, and that is, it don't get here till we are almost out of patience; it is the tenth of the month, and the lady above referred to has not yet received her copy, and mine only came two days ago.

Is the fault in the mail? or have you so many to mail that your mailer can't find time to mail them? if the latter, I pray thee let another mailer help mail the mailable copies.*

The Second Advent critters are quite elated hereabouts with the hope of a speedy fulfilment of their prophecies, as the weather is so rainy and has been, that they feel sure this time that the end of all things is nigh. Well, I'm agreed, for I think the best thing the world can do, is to adjourn, unless they take to improving mighty fast.

HEALTH MAXIMS.—Children should be taught to use the left hand as well as the right.

Coarse bread is much better for children than fine.

Children should sleep in separate beds, and should not wear night-caps.

Children under seven years of age, should not be confined over six or seven hours in the house, and that should be broken by frequent recesses.

Children and young people must be made to hold

their heads up and their shoulders back while sitting or walking.

The best beds for children are of hair, and in winter, of hair and cotton.

Young persons should walk at least two hours a day in the open air.

Young ladies should be prevented from bandaging the chest. We have known three cases of insanity, terminating in death, which began in this practice.

Every person, great and small, should wash all over in cold water every morning.

Reading aloud is conducive to health.

Sleeping rooms should have a fire-place, or some mode of ventilation besides the windows.

Young people and others cannot study much by lamplight with impunity.

The best remedy for eyes weakened by night use, is a fine stream of cold water frequently applied to them.

THE ART OF COUGHING.—It is injurious to cough leaning forward, as it serves to compress the lungs and makes the irritation greater. Persons prone to the enjoyment should keep their neck straight and throw out the chest. By these means the lungs expand, and the windpipe is kept free and clear. There is an art in every thing, and the art of coughing is, perhaps, as important a way as any other.

LONG LIFE.—John Vanhoosier, a German, of Jefferson county, Tennessee, who emigrated to this country about a hundred years ago, and was in several of the most important battles of the revolution, is now in the one hundred and twenty-second year of his age, and is still in the enjoyment of a good degree of health and vigor. One of his daughters, a bonny lass of eighty years, recently made the old gentleman a visit.

BOSTON FEMALE MEDICAL SCHOOL.—The next (5th) term of this Institution commences on the 6th November, 1850.

"This School has now been in operation two years, having commenced in 1849. It is conducted by the FEMALE MEDICAL EDUCATION SOCIETY, incorporated by the Legislature, April, 1850, with all the powers necessary to establish a thorough Female Medical School; and, in connection with it, a Maternity Hospital, to afford the pupils practice in the department of Midwifery."

The following liberal proposition is taken from a circular.

"Ladies and gentlemen should select suitable persons, and encourage them, by pecuniary assistance, if necessary, to attend with a view to practise in the towns from which they are sent. Where such a woman cannot be found, if the necessary amount be paid in to the Society, some one will be assisted with

* "We can only repeat, "Uncle Sam's to blame."

it, on condition of locating in the town from which the funds are furnished. As there have been and will be more denations of this kind, females of the requisite qualities, who can bring good references, are hereby invited to apply for such *benefits*."

An advertisement in this Journal, will further explain. For particulars, address SAMUEL GREGORY, 17 Cornhill, Boston, Mass.

NILES, BERRIEN CO., MICH., July 25th, 1850.

MESSRS. FOWLER & WELLS:—Gentlemen, enclosed you have ten dollars, for which you will please send me twenty copies of the WATER-CURE JOURNAL, which I intend for distribution. Fully impressed with the important truth "that a greater blessing cannot possibly be bestowed on the human race than the universal diffusion of the Life and Health Principles advocated and taught in the Water-Cure Journal," my anxiety to become in a small degree the promoter of such diffusion among suffering humanity, induces me to take this course of doing so. Besides, I am in hopes that the cause may be yet further advanced, inasmuch as by the circulation of a few copies of the work many more will see it than those merely to whom I distribute them, and may thus be induced to take the work. You will please begin with the July number, and send by mail. I have received the back volumes of the same work, which I sent for some time ago. I have as yet not had time to do anything but take a hasty glance through them, but have seen enough to satisfy me that they are of inestimable value.

Very respectfully yours,

JAMES H. HENDERSON.

J. J. B. writes as follows: "As it is suggested in the July No. that many subscribers would prefer to have the Journal enlarged, as well as the price increased, I would just say that in my opinion, it is the bounden duty of the publishers, co-operating with the subscribers, to place this indispensable work in EVERY FAMILY THROUGHOUT THE LAND; therefore, the present low price should at all events be adhered to."

THE PUBLISHERS have concluded to continue the WATER-CURE JOURNAL at the present low rates, issuing occasionally, an extra number of pages. While our subscribers exert themselves to increase our subscription list, we can afford the Journal at present prices.

VANITY OF VANITIES.—At the Massachusetts Lunatic Asylum, on the 6th, Mrs. Susan Gregg, aged 51 years, a native of Groton, Mass., died of general debility, supervening on tight lacing and insanity. She has been for many years an inmate of the Poor House and Lunatic Hospital. Her figure was what is called genteel, and her vanity on this point probably led to tight lacing, which is in part the cause of her death. Her insanity was of a very harmless character, and if allowed to make and wear head-

dressess of extraordinary height, she was easily managed. While wearing those monster head-dresses she imagined that she was the queen of the world.

A CASE OF CHILDBIRTH.—D. B. writes from Mount Healthy, Ohio, as follows:—A case of childbirth occurred here last spring in the family of one of your subscribers. The woman was treated hydropathically both before and after the birth, and no case that I have seen recorded in the Journal succeeded better than this. This being the first case, it was a great marvel to many, especially among the old ladies.

The head of this family (he has six children,) says, "the W. C. J. last year saved him \$50—\$25 doctor bills, and \$25 in health."

This reads well, and we are pleased to know that the man *thinks* he has got his money's worth.

ECLECTIC MEDICAL INSTITUTE, OF CINCINNATI, OHIO.—The annual announcement of this flourishing College appears in our columns. The Faculty have re-organized, and the chairs are all filled by gentlemen of the highest reputation in their respective departments as teachers and authors. The Institute holds the same relative position in the American Eclectic system of medicine which the Medical School of Paris does to the old-school profession. The vacancy occasioned by the death of the Professor of Theory and Practice of Medicine has been filled by the election of Dr. J. G. Jones, of Columbus, a veteran teacher and practitioner, who is regarded by his friends as having no superior in our country in the department to which he has been chosen.—*Columbian*.

See advertisements for particulars.

CHRONIC RHEUMATISM.—Timothy Lyon, at the advanced age of sixty years, writes us, that he has, by the advice contained in the WATER-CURE JOURNAL, nearly recovered from an impaired constitution, and has, by the aid of water and diet, removed a chronic rheumatism.

Thus speaks an old man full of years, who has passed through the various conflicting systems of "prolonging life," and has, in the maturity of his judgment adopted HYDROPATHY. We can add nothing. Such testimony is sufficient.

E. D. H., OF PAINESVILLE, OHIO, says:—"THE PEOPLE in this region are "in" for Hydropathy, just so fast, and so far, as they become acquainted with it. All that is needed to kill the "medicine humbug," is the *living voice*, to call the attention of the masses to the purifying and health-restoring properties of water."

WATER-CURE ESTABLISHMENTS.—Since the first of January, 1850, there have been treated at the Summit Water-Cure Establishment, in Eastern Pennsylvania, ONE HUNDRED PATIENTS. This proves, quite conclusively, the popularity of the house. At this rate, another year will leave our Allopathic friends entirely "under water."

Mrs. E. L. P. writes as follows:—For your encouragement, let me say we have many in this region that are doers as well as believers in the Water-Cure System. We have used cold water in our family, (consisting of six members,) both as a beverage and medicine, for six years, and have not had occasion to call in a physician during that time. For six years previous our doctor's bill was a heavy tax.

NOTICES.

TO POSTMASTERS AND OTHERS.—We occasionally hear of some mistaken mortal charging *pamphlet postage* on this paper; and as we intend sending it out with a loose cover, or wrapper, containing advertisements, we deem it necessary to call the attention of postmasters, to the post office law, defining what is a newspaper, namely: *A publication issued as often as once a month on not more than two sheets of paper, whose superficial area, united, does not exceed 1,900 square inches, and giving intelligence of passing events; and this is precisely what the Agriculturist is, and is only subject to newspaper postage.* The form in which it is folded has nothing to do with postage, unless stitched and cut, and then it would be a pamphlet. As it is sent through the mail, it is a newspaper, and has been so decided by the Postmaster General.—*American Agriculturist.*

The above is applicable to the Water Cure Journal, yet one or two postmasters have, evidently without any wrong motive, charged *pamphlet postage*. We hope no farther difficulty will be experienced by our subscribers in future, on account of postage.

SAMPLE NUMBERS of this Journal will be sent **GRATIS**, when desired, with which to obtain new subscribers. We hope our friends will order freely, and circulate them where they may do good.

ADVERTISING.—Besides our full compliment of reading matter, we are enabled to devote a few pages to Advertising. Our terms will be in proportion to the circulation, namely:—

One page, one month, \$20.00 One half page, \$12.00. Less than half a page, twelve and a half cents a line.

To insure an insertion, all advertisements should be sent in before the 10th of the preceding month.

We do not pretend to endorse *all* that may be found in our advertising department; yet we shall admit nothing of *immoral* tendency.

BOOKSELLERS, and Agents, residing at a great distance from New-York, will do well to supply themselves with books for the winter sales, before navigation closes. It is now a good time to make up orders.

BACK VOLUMES OF WATER-CURE JOURNAL from the commencement, we can no longer furnish. Copies for 1849, beautifully bound, will be sold for \$1 25.

IN **HOUSTON, TEXAS**, our publications may be had of J. S. TAPP, Bookseller, to whom we have just shipped a large stock.

IN **KINDERHOOK, N.Y.**, our publications may be had of MR. LEONARD REXFORD, bookseller and news agent.

IN **UNION MILLS, IND.**, our friend CHARLES G. POWELL will act as agent for our publications

IN **TORONTO** our publications may at all times be had of our friends JAMES LESLIE & SONS, who keep a supply.

TO CORRESPONDENTS.

NERVOUS DERANGEMENT.—L. P. H. puts the following query:—

"In cases of nervous derangement, where the *tonic* and *sedative* effects of water both seem to be indicated, inasmuch as there is great irritability united with weakness, what treatment would you recommend? I have been a sufferer for years, while observant of all the laws of health, and for the last six months have practised the water treatment at home, with little if any relief. Prostration of mind and melancholy forbid my leaving home to enter a Water-Cure institution. Please reply in your next number."

Here is a poser. Nervous derangement means almost every thing. If a sufferer for years has been observant of *all* the laws of health, she must now be under the penalty of previous transgression. Probably tepid or sitz baths, with occasionally a full warm bath, followed by a gentle shower or pail douche, would constitute the essentials of a plan, both soothing and tonic as practicable.

A. W., reports a case of **TYPHUS FEVER** as having been successfully treated by water. He says—"I had a very severe attack of Typhus Fever, for which I applied the Water-Cure process in opposition to the wishes of friends, who said it would kill me, but not vigorously, as I should have done had I had Water-Cure friends to have assisted me. The cold water did not kill, as they expected, but cured without medicine, so that my health is better than it has been for six years past.

My friends, who witnessed the cure, were all turned to advocates, instead of their remaining opponents of Water Cure."

A. W. POTTER.—What kind of diet will make the most compact tissue and muscle? Do temperaments make any difference as respects air, water, exercise, &c. ? In answer to the first question, we say, use natural food, fruits, grains and vegetables. We mean unbolthead and unconcentrated grains. Temperaments make no other difference in the application of any hygienic agencies, than respects quantity and degree; not as to kind. The laws of hygiene are the same in all.

SPASMS IN THE STOMACH.—J. A., Toronto, Canada, is informed, that these affections are as common here as there. They are usually curable, without difficulty, by the full treatment. Uterine obstruction or irritation is a frequent cause with females. An ulcerated state of the mucous surface of the duodenum, consequent on a long standing liver complaint, the excessive use of very hot drinks, the free employment of salaratus, frequently occasion them.

EGYPTIAN OPHTHALMIA.—G. N. S. of Berlin, Wisconsin, wants to know how to manage this complaint, which is prevalent in his neighborhood. The pack sheet followed by the dripping sheet, daily, and a half bath daily, are the best leading measures. The diet must be strictly regulated. It must be purely vegetable, and consist mainly of the best brown bread, or cracked wheat, and a sweet or sub-acid fruits.

S. M.—Nocturnal emissions often require one or two years to entirely cure. Your diet is all right—persevere. Let the water part of the treatment be very mild. A morning ablation, or rub sheet, and two or three short sitz baths, cold—say ten minutes—daily, the last in the evening, a short time before retiring. The abdominal bandage might be worn half of each day, with advantage.

COD LIVER OIL.—H. W., North Eaton, Ohio, writes:—"Cod Liver Oil is finding its way into this place, and we want the Water-Cure Journal to drive it out. Two cases of lung fever in this neighborhood have been cured by water." As fast as civilization has progressed westward, noxious animals, —snakes, wolves, wildcats, bears, &c.—have retired to deeper shades and more benighted regions; and as fast as the Water-Cure philosophy pervades the minds of civilized people, just so fast will Cod Liver humbugs be driven to less enlightened haunts.

J. G. C., ATHENS, GA.—The case of rheumatism described in your place requires a persevering use of the rubbing wet sheet, and the douche applied to the spine and the parts affected. Occasional packs will be serviceable whenever there is excess of bodily heat. The chest wrapper should be continued about half the time, so long as there is cough or expectation.

S. C. W., of Wappenger's Falls, N. Y., informs us, that the successful treatment of several cases of disease, by water, in this place, has awakened a very general interest in the Water-Cure. This, we are glad to hear, and hope the good cause may thus spread throughout the land. Its success will depend entirely on its merits; and "EXPERIENCE" is the only true test.

SCROFULA, WEAK EYES, &c.—S. A. B., Warrenham, Pa., must expect to diet plainly, and observe the laws of health several years before the constitution can become re-invigorated. The best baths to continue steadily are, the rubbing wet sheet, not very cold, and tepid sitz bath—about 72 degrees. Her mother's case will do better under rubbing wet cloths, or the rubbing sheet, than the shower bath.

T. G., Warsaw, Ill.—Most thankfully shall we receive such testimony, and experience as you may send us, from your beautiful "Prairie-land." We are rejoiced to know that so much good has resulted from the circulation of our publication in your region. Hope our new subscribers will be pleased with the Journal.

D. T. M. D., of Ala.—When sending a list of subscribers for the W. C. Journal, says,—"Although I am a Botanic Physician, I wish the Water Cure Journal success, and shall endeavor to extend its circulation."

Now this is what we like to see. It indicates a fairness and liberality, which we wish were true of all men.

M. G., CLARKSVILLE, O.—Your case requires a very plain and rather abstemious diet, coarse farinaceous food, milk, fruit and vegetables, with a daily ablution, and one or two sitz baths, 15 to 20 minutes. The last sitz bath should be just before bed-time.

PILES.—H. S. E., Lebanon, O., is informed that aggravated cases of piles are very frequent at the Water-Cure Establishment. Many bad cases, attended with hemorrhage, prolapsus, &c., have been cured without chirurgery.

FRANK B. LOBINGER.—Sir, you failed to give us the name of the STATE in which you live. We cannot, therefore, answer your letter, not knowing where to direct. All letters should contain the name of the post-office, county, and State.

INJURY TO THE HIP.—Mr. C., Cynthia, Ky. Stiffness and weakness of muscles, consequent on blows, falls, &c., are often improved or cured by a persevering use of the douche—applying as strong a force to the affected parts as can be borne without discomfort.

J. J. S. writes us from Onondaga county, viz:—"Some few here are turning from the error of their ways; less tea and coffee are drank, and there is a general growing distrust in doctors and their medicines." (All right, go ahead, you are on the right track.—Ed. W. C. J.)

D. B.—You have done nobly. A place so "Healthy" needs the Journal less than many other places, yet, according to the number of the inhabitants, we think you have almost equalled the best.

S. R. J., Memphis, Tenn.—Accept our thanks for favors, and rest assured, our efforts for the well-being of our race shall be continued through life. We experience great pleasure in doing that which we believe to be our duty.

H. N. W., of Jefferson, Texas, will accept our thanks, for the plump list of subscribers which he sent us. May the Journal do good, and the number of subscribers be multiplied.

B. S. WINSTEAD.—We shall send the Journal one year, from July, 1850.

S. S. M.—We shall, in a future number, publish the article, referred to in your letter, probably in the November number.

VARIETY.

LITTLE SODUS, vs. ONTARIO BAY.—We enjoyed the pleasure, a few days since, of a visit to Little Sodus—or as, by a unanimous vote of our party and those interested, "in *solema* council convened," the name was changed, "Ontario Bay." We were not aware of the existence of so picturesque and really beautiful a place so near our own goodly city, or we should probably have been there before. As it was, we were most agreeably disappointed, and highly delighted with the excursion.

The bay is a beautiful sheet of water, something over a mile in width and extending inland about two and a half miles from the lake, from which it is separated by a heavy sand bar running entirely across the mouth of the bay, with only a narrow opening for the passage of light craft. The water of the bay is deep, and surrounded by bluff, steep banks, affording excellent facilities for landing places for boats; and, being securely protected from storms and the sea, by the sand-bar pier, separating it from the lake, it is capable of being made, in our opinion, a most admirable harbor. An appropriation of \$10,000 for its improvement, is, we notice, incorporated in the River and Harbor bill now before Congress. This, together with the railroad which the people of that vicinity assure us is "morally certain" to be constructed between there and Auburn, and from Auburn to Ithaca, thus connecting them with the Albany and Buffalo and New-York and Erie roads, and the improvements contemplated and being made in that locality by enterprising land-holders in New-York city, will undoubtedly make Little Sodus, (Ontario Bay,) a great place. Indeed, who can say that it will not in a few years become a rival of Oswego? Who can say that, instead of occasional communication now—and that only recently established—

shall not have boats daily plying between these two rival lake ports, on errands of commerce and pleasure?

Whether it ever becomes a city or not, it can scarcely be surpassed for beauty and variety of scenery, and the requisites for pleasant private residences. The ground upon all sides of the bay is rich, productive, and elevated, and affords a complete view not only of the bay but of the broad, blue, and noble Ontario in the distance. And the beauty and grandeur of this scenery is greatly enhanced when night has lightly drawn her sable curtains o'er the earth, and hung out ten thousand starry lamps in the clear blue heavens above. A boat ride then, too, on the smooth, silvery surface of this bay,

"— 'neath the deepening vault of the sky,
When the stars, faintly gleaming, are whispering in glee,
And the moonlight is melting effulgence on high."

affords a view and enjoyment to be obtained from few if any other sources, and we wonder that the place is not more a resort of pleasure parties than we suppose it is.—*Oswego Palladium*.

JENNY LIND has arrived. We have heard her sing. She greatly surpasses any other singer which we have ever heard. The high encomiums which were bestowed on her in Europe she fully sustained at her first concert in New York. She has the DIVINE power of electrifying and transporting her audience from the earth to a HIGHER sphere, and exciting in them HOLIER feelings than are commonly enjoyed by man. To what shall we attribute that power? surely it cannot be in consequence of a superior musical education, for others have had this same advantage; can it be that she possesses more kindness, affection, or devotion than all others? No; this cannot be, although she is blessed with a full share of each of these qualities. Then what is it that enables her to thus CHARM all who hear her voice? It is a SPIRITUAL power obtained from a HIGHER source than from human teachers. This is OUR interpretation of this otherwise inexplicable phenomenon.

Those who have not heard her sing may think that we overrate her power, yet we cannot allow them to pass an opinion until they have had an opportunity to judge for themselves. Thus far, from amongst the thousands who have heard her, there is but one opinion, and that is in harmony with our own. We advise ALL to hear her.

MUSIC AND POVERTY.—In all the accounts I have seen of Jenny Lind, there is no intimation that so many people, or any portion, are running after her because of the goodness she possesses, or because they expect to receive useful instruction, but simply because she possesses a particular faculty of tickling the itching ear—of producing certain sounds which gratify the passions. Such a flocking after empty sounds is abominable while so much grinding and oppression, and poverty and misery, claim attention on every hand.—*Portland Pleasure Boat*.

NOW FRIEND HACKER, for once you are a little too cruel, for we know Jenny Lind to be one of the "goodest" creatures, that we ever knew, and, in our opinion, as *useful* as the distinguished personage with whom you compared her. From what motive did she receive of our rich men \$10,000 on the night of her first concert in New York and give the same at once to the poor? Was it selfishness? Has she not invariably given away the greater proportion of her receipts to the poor? What would you have her do? "Sing for nothing, and board herself." Are you not willing that she should sing the money out of rich men's pockets into those of the poor?

TREES ON THE PUBLIC HIGHWAYS.—An order has been issued by the Minister of Public Works in France, to have all the public roads bordered with trees; those over 48 feet wide are to have a double row on each side. It is considered as very beneficial in hindering the edges of the roads by the gradual spread of the roots.—*New York Sun*.

This is as it should be, not only in France but throughout the world. How delightful it would be in the warm summer to ride all day on a good road, in the SHADE. Besides, the value of a farm, in our estimation, would be enhanced much more than the cost of thus setting the trees. Suppose our young men try this thing, and in place of *shade* trees set out FRUIT trees in the highway fronting the homestead.

GENIN, the man—(fool)—who gave \$225 for the first choice of seats at the Jenny Lind concert, worked several years ago as a journeyman hatter; we hope he will have to again.—*Brandon Post*.

Not so fast, Mr. Post. The result of this investment shows that it was not so foolish, for in less than a week after this purchase, Mr. Genin sold some five hundred of his "Jenny Lind Hats," at paying prices. Was not this quite a Yankee speculation? Besides this large sale of hats, Mr. Genin has had the honor of being mentioned in connection with this matter in nearly every newspaper published in the United States. This, of course, serves him as an advertisement, and will pay a large dividend. Mr. Genin is an enterprising man; he plants dimes and reaps dollars.

"RAILWAY SUPERINTENDENTS respectfully beg leave to remind gentlemen who SIT, that the car floors cannot be washed while the train is in motion."

"Passengers must not smoke in the cars or station houses," (nor anywhere else, we say.)

BOOK NOTICES.

THE BOOK OF NOTIONS. Compiled by JOHN HAYWARD, Boston. Published by Bela Marsh.

The Author says.—

"The compiler of this book, in the course of his reading having frequently met with moral and religious thoughts, hints on health, articles on domestic economy, poetic gems, anecdotes, witty sayings, &c., deserving more conspicuous places for preservation than where they were found has been induced to select, arrange and publish some of them in this form, believing that the collection may prove an agreeable and useful companion in the parlor or kitchen, the steamer or packet, coach or car,—particularly to his FAIR COUNTRYWOMEN, to whom the volume is respectfully dedicated."

In looking over this book, we find many excellent thoughts and suggestions, good for every one to read and remember; yet we cannot but regret, that the author had not omitted those foolish medical receipts, such as all Hydropathists will laugh at, for example—

EXTERNAL USE OF COD LIVER OIL IN SCROFULOUS ULCERS.—"Cod Liver Oil, half an ounce; liquor of Potash, half a drachm; Lard, sufficient to make an ointment. Apply three times a day."

Again—"FOR DISEASES OF THE SKIN."—"Pure whale or seal oil;—dose, a tablespoonful three times a day."

Once more—"RHUBARB PILLS."—"Take pulverized Rhubarb and camomile flowers in equal parts, mix with honey till of a proper consistency to make into pills. Take two common sized pills one hour before dinner."

There, John, what say you to this? We think you better at "gazetteering" than doctoring.

OUR NEW WATER CURE LIBRARY.—Many of our Hydropathic friends, at home and abroad, have expressed great satisfaction in being able to obtain, in a beautiful uniform edition, at an exceedingly low price, nearly all the works which have ever been written on this, best of all, systems of the healing art, THE WATER-CURE.

The *New York Evening Post*, referring to these works, has the following: THE WATER CURE LIBRARY.—Fowler & Wells, of Clinton Hall, have just issued a series of seven 12mo volumes, of the best extant works on the subject of the use of water. They treat of the matter not in its technical sense only, but in all its aspects, and furnish the reader with a summary of the most important facts that have been observed in relation to the effects of water on the animal economy. A person who should desire to know all that mankind has thought and done about water, from Noah down to Priessnitz, will find it in these works. They are simple and unpretending in style, but are compiled with great care and judgment. The whole experience of the medical faculty in times past is given, and complete illustrations are added as to the best methods of applying the agent in various processes of cure. The books are neatly printed, and the whole getting up does the greatest credit to the enterprise and taste of the flourishing house by which they are put forth.

The price for this LIBRARY, which contains nearly 3,000 pages, and which should be in the possession of every family, is only FIVE DOLLARS.

MOORE'S RURAL NEW YORKER. Published every Thursday, at Rochester, New York, by D. D. T. MOORE, Proprietor. Terms, \$2 a year.

Of all subjects, which should engage the attention of every young man in America, AGRICULTURE is the most important. True, he should, to some extent, acquaint himself with mechanics, yet first of the two, let him learn to cultivate the earth. To do this successfully, let him avail himself of the experience of those who have devoted their lives to it. He can do this, by reading books, journals, papers, &c., which contain the experience of men in all ages, and especially of the present. After reading, let him practice; in a short time, and at small expense, he will become efficient. After all this, should he prefer any other pursuit, he will be the better qualified to succeed in it, having "first learned to live, by cultivating the earth." We find in the "RURAL NEW YORKER" matter well calculated to facilitate judicious farming, and we would recommend it to every family in the State, or out of it.

A TREATISE ON ENGLISH PUNCTUATION; designed for Letter-writers, Authors, Printers, and Correctors of the Press; and for the use of Schools and Academies, with an Appendix, containing hints on Proof Reading. By JOHN WILSON, Boston, 21 School Street. Published by the Author. Price 75 cents.

A work, which should be in the possession of every student who aspires even to write a letter. We can suggest no improvement to this edition. It is a perfect guide, in all matters, covered by the title.

The *Christian Register*, in speaking of this work, says,— "We advise any one who wishes to understand thoroughly the whole art and mystery of Punctuation and Proof reading to get this volume. It is a book to be kept on the table, or to be studied by letter-writers, authors, and printers; by every one, in short, who wishes to make what he writes clear and intelligible."

PATH-FINDER RAILWAY GUIDE, for the New England States. Boston; Published monthly, by Snow & Wilden. Price, 5 cents.

UNITED STATES RAILROAD GUIDE, and Steam-boat Journal. New York. Published monthly, by G. R. Holbrook & Co. Price 12½ cents.

Before starting on a journey, we always provide ourselves with one of these useful, and we may say, *indispensable* Travelers' Guides.

The traveler may, in a moment, without stopping the car or conductor, inform himself on all particulars relating to the distance, time, and price, in passing from one place to another. Besides many necessary statistics, rules and regulations relating to baggage, freight, &c., are given. We will here suggest to the publishers, whether it would not be well to insert a brief list of some half dozen HOTELS in each of the various cities, stating the charges per day, for board at each. We think this would be an accommodation to many.

It is our opinion, that the extensive circulation of these Railway Guides increases the travel, enriches railroad companies, and in *all cases* improves the *health* of the traveler.

OUTLINES OF PHYSIOLOGY. By J. L. COMSTOCK. "A Friend" wishes to know our opinion in regard to the merits of this work. Of course, we give it freely, yet briefly.

The work is *chiefly* a compilation from *old school* authors, selected with care. The work is quite in harmony with itself. When the author broaches a subject with which he is not familiar, he honestly confesses it, and quotes largely from others, to show also that they were equally ignorant with himself. This he deems the safest way to get over the "new views" which *modern* writers on Physiology have advanced. Mr. Comstock is highly conservative, opposed to all things which are not "regular." IMPROVEMENTS he does not advocate.

We cannot recommend the book under notice. It is a "medley" of but little value to the public.

THE OCEAN PLAGUE; or a Voyage to Quebec in an Irish Emigrant vessel: embracing a Quarantine at Grosse Isle in 1847, with Notes illustrative of the Ship Pestilence of that fatal year. By a CABIN PASSENGER. Boston: Coolidge & Wiley.

This is a Journal of a voyage across the Atlantic, written in a free and easy style, embracing many of the incidents and occurrences of a sea voyage, by one who had an opportunity of witnessing the horrors of the emigrant ship, in some of their worst forms; and contains an Appendix, furnishing much general information respecting the ship pestilence; and is deserving of an extensive circulation. For sale at the Journal Office; 25 cents, mailable.

THE PRISONER'S FRIEND. A monthly Magazine; edited by CHARLES SPEAR, Boston, Mass.

This "friend of the fallen" comes to us in an improved condition, new types, a new cover, and a hopeful spirit; all this we are rejoiced to see. May the PRISONER'S FRIEND be permitted, through the Christian benevolence of our people, to do the work it has commenced, namely,—To improve the physical, mental, and moral condition of our prisoners. Subscriptions may be sent to Charles Spear, Boston, or to the Office of this Journal. Terms, \$2 a year. Volume 3 commenced with the September number. Now is the time to subscribe.

THE WATER-CURE JOURNAL.

THE CURSE REMOVED.

A Statement of Facts respecting the Efficacy of Water-Cure, in the Treatment of Uterine Diseases, and the Removal of the Pains and Perils of Pregnancy and Childbirth.

BY T. L. NICHOLS, M. D.

In my "Introduction to the Water-Cure," I have spoken briefly of the adaptations of the hydropathic treatment to the diseases of women, and the conditions of gestation and parturition. As my experience has increased, and the sphere of my observation has extended; as I have been brought into contact with human suffering, and have been able to guard against or relieve it; as the perils and agonies of childbirth, under the usual modes of treatment, have been contrasted with the safe, and speedy, and almost painless labors of those who have had the benefit of the water treatment; I have felt it my duty to address a few earnest, and, I hope, impressive words to the wives and mothers, the husbands and fathers, who may feel an interest in a subject, the importance of which human life can scarcely parallel.

It is no egotism in me to say, that I have studied this subject with very peculiar advantages, and such as no physician in this country has probably ever enjoyed. I allude, of course, to the aid, counsel, and assistance of my wife, whose intimate acquaintance with this branch of medical science, and whose extensive and most successful practice, are widely known and appreciated. This acknowledgment of my obligations to her science, experience, and skill, is due alike to her, to the reader, and to myself; and I am proud to say, that she has taught me far more, in connection with this subject, than I could ever have learned in all our medical libraries or colleges; and to her is justly due the credit of some of the most important reforms connected with the hydropathic treatment.

There is a common impression that gestation is, of necessity, a period of disease and suffering, and that parturition is inevitably a painful and dangerous process. This belief, it must be admitted, seems to be lamentably justified by experience. Amid the deprivations of civilization, there are comparatively few women who escape nausea, vomitings, and other symptoms of a deranged nervous system, during the period of pregnancy; few who do not suffer long agonies in childbirth. A painful labor of six to ten hours, with two or three weeks close confinement after it, is called "a good time;" and labors of twenty-four and forty-eight hours are by no means unfrequent. And though death, as the immediate result of parturition, is comparatively rare, it is

still frequent enough to be recognized as no improbable event. On an average, three women die every week in this city, from what are termed the accidents of childbirth; while one thousand three hundred and twenty children last year were stillborn, or born prematurely, so that their lives were sacrificed.

I need not dwell upon the state of disease and the amount of suffering which these facts indicate. The peculiar diseases of women, the pains and perils of gestation and childbirth are familiar to us all. They have come to be considered as among the necessary evils of life, to be borne patiently, and with humble submission to the will of God, who has laid this terrible curse upon woman in consequence of the sin of Eve, in seducing Adam to partake of the forbidden fruit. And this superstition rises to oppose all reform, and every effort to ameliorate the condition of woman, to heal her diseases, protect her from danger, and save her from her terrible, and all the more terrible, because needless, sufferings.

The sentence, or curse, or prediction, on which this superstition is based, is contained in the third chapter of Genesis:—

"Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow shalt thou bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree of which I commanded thee, saying, thou shalt not eat of it, cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life," &c.

Now the curse of the ground has not hindered inventions in agriculture, until portions of the earth have been converted into new Edens; and if Adam ate his food in sorrow, with the loss of Paradise an ever-present and embittering memory, this has not hindered millions of his posterity from eating their food with gladness and festivity. So of Eve; every conception may have been to her a new sorrow, when she thought of the heritage her offspring had lost. She may have sorrowed to bring children into a world cursed by her disobedience; but to her posterity conception has often been a joy, and the birth of a child, though painful, an event of exceeding happiness. It is very plain that the text in no way justifies the common notion concerning it; for were it a law that childbirth should be accompanied by pain, it is a law daily and continually violated, and one which I intend to show can be so far set aside that pain in childbirth, instead of being the rule, shall be the rare exception.

This immunity from suffering is not a thing unknown. Throughout the world, now and in all times, just in proportion as women have lived according to the requirements of nature, they

have been exempted from this supposed punishment of original sin. If painful labor were a curse on Eve, resting on all her posterity, what should exempt the women of savage life, the negro slave, or the healthy and hardy peasantry of Europe, from its operation? The Indian woman, living in the open air, a stranger to the weakening refinements of civilization, knowing nothing of dyspepsia or hysterics, with no idea of spinal disease or prolapsus uteri, when she feels the signs of coming labor, repairs to the nearest brook, gives birth to her child, it may be amid the snows of winter, washes it and herself in cold water, and is ready to resume her journey, without hindering her party more than half a day. The women of nature have no such word as "confinement," a word so appropriate in civilization.

The great truth to be learned by everybody is, that gestation and parturition are natural processes. It is as natural for a woman to bring forth children as for a shrub to produce flowers and fruit; and her organs are as naturally adapted for the purpose. In a state of health no natural process is painful. Pain is, in all cases, the sign of disease. It has no other use or significance. With a sore throat it is painful to swallow; with a diseased stomach digestion is painful; so childbirth painful to a diseased nervous system, but never to an entirely healthy one.

There is no more certain fact in physiology, than that the nerves of organic life, in a healthy condition, are not susceptible of pain. They acquire a morbid sensibility in disease. Thus all the involuntary functions of life are carried on without our consciousness. We breathe, sleeping and waking, without effort or pain, until some portion of the respiratory system becomes diseased, and then each breath may be a labor and a pang. So the strong heart works on, year after year, expanding and contracting its four receptacles, and pouring the tide of life through a thousand channels, and we are never conscious of the working of this wonderful engine until some of its apparatus becomes impaired by disease. So the stomach receives the food, expands, contracts, keeps up a churning motion, and for many hours every day labors in the function of digestion. No healthy person is conscious of even having a stomach, but the poor dyspeptic knows it to his sorrow. It is the same with the alimentary canal, with the liver, the kidneys, the bladder, and not less so with the uterus. Conception, gestation, and parturition are the natural functions of this organ and its appendages; and nature has made no mistake in adapting it to its proper work. Its nerves, like those of the stomach, the heart, and all the nerves of organic life, are not nerves of sensation in their healthy state; and it is only in their diseased condition that they are liable to pain. In its healthy condition, the uterus receives the germ of a new being, provides it with its proper nourishment, expands to make room for its development, and, at the time appointed by nature, dilates its opening, and contracts, by a series of involuntary and painless muscular efforts, so as to throw the infant into

the new existence which its growth demands. It performs its own proper functions, just as the lungs, the heart, or the stomach perform theirs; because it was formed by the same Infinite Wisdom and Goodness, who ordained that pain and sorrow should be the consequence of sin, and who ordains that health and happiness shall ever be the result of obedience to the laws of life.

It is not credible that any natural function should be attended with pain in a healthy state of the system. All nature protests against such an idea—all experience is opposed to it. Causes and effects are too well adapted to each other—ends and means too admirably fitted. This world is the work of infinite power and benevolence, and the human system is the masterpiece of all this fair creation. It is not to be supposed that the most important of all the functions of the most perfect of created beings, of whom we have any knowledge, should be subject to inevitable pain and peril in its performance. Such a belief is an insult to Providence. When God looked upon his creation, and pronounced it good, he could not have overlooked the most important function of his last and most perfect work; and there can be no question, that in the original creation of woman, she was fitted to obey the command, "increase and multiply, and replenish the earth," without peril or pain. The very idea of the curse inflicted upon her carries with it the belief that she was originally created perfect in this particular. Has there been any change, then, and if so, what is its nature?

There is no more reason to believe that the bony pelvis has changed its form, than that the head or chest have been altered in their relative dimensions. On the contrary, in all healthy subjects the size of the pelvis is now found to be admirably adapted to the size of the fetus, at the period of its full development. There is no more reason to suppose that the uterus is by nature less adapted to its functions than the eyes or ears are to theirs. No—nature has not changed; woman is, in her healthy condition, the same glorious being that she was when she first came from the hands of the Creator.

What then has made the change? Why is woman subjected to all her pains, sufferings, outrages, and perils, in the performance of the great function of her life? It is because the forbidden fruit of enervating luxuries and excesses is continually eaten. And just in proportion as women transgress the laws of nature, which are the real and unquestionable commands of God, just so far are they subject to the curse.

Man has it in his power to incur all direst curses by transgression; or to avoid all curses, and invoke all blessings, by obedience to the divine law. Industry makes of the barren earth another Eden. Temperance and cleanliness give health, and health brings happiness in all the duties of life. So it is with woman. Indulgence, self-indulgence, voluptuousness, and all sins against the laws which God has written in the structure of our bodies, bring with them the curse of deranged nervous systems, broken health, irregularity of

function, disease, pain, and premature death. Every woman is an Eve, and forbidden fruits are all around her. If she listen to the voice of the beguiling serpent, hers is the wo. But, on the other hand, faith in God, obedience to his laws, and living in harmony with his works, assure to woman health, and safety, and joy, in fulfilling all her destiny. These are truths pregnant with meaning, and incontrovertible as the principles of nature.

In my work, already referred to, I have treated, as fully as the space admitted, of the conditions of health and the causes of disease. I wish every person who reads this article to get that little book, and give it a careful perusal; and I shall be acquitted of any mercenary motive in giving this advice, when I state that I made a present of the copyright to the publishers, on the sole condition that it should be published at the nominal price of twelve and a half cents, and so freely advertised as to secure a wide circulation. In this article I can but briefly allude to the causes which have brought upon civilized women their multiplied miseries.

By the immutable laws of Nature, the sins of parents are visited upon their children to the third and fourth generation; consequently, women are born scrofulous, weak, and often with bodies imperfectly developed, and tendencies to spinal and pelvic deformities, forbidding the possibility of healthy and natural labors. All such women must suffer; but even to them, obedience brings its rewards, and their health can be greatly improved, and in most cases their unfortunate liabilities lessened.

In consequence of the wise adaptation of the human lungs and skin to the atmosphere, the free access of pure air, from the first moment of independent life, is of the highest necessity; yet our women, even more than our men, are smothered and poisoned all their lives, and while they should breathe pure air, day and night, at all times, they are almost continually deprived of it. In the curtained cradle—the close bed room—the heated nursery—the crowded school room—the unventilated church, ball room, theatre, and through a whole life of falseness and luxury—the blood never gets its share of oxygen, and the whole system becomes loaded with impurities. Every organ becomes weakened and every function deranged. What can we expect but disease and suffering from such violations of nature?

Activity is a great law of our being. Heart, and lungs, and all the alimentary and excretory systems are ever at work; and it is the evident intention of nature, that every faculty of the mind, and every voluntary nerve and muscle of the body, shall have its seasons of activity and repose. Exercise, full, and varied, and abundant, is a condition of health. Do our women get it? Not one in a hundred. Imprisoned in school rooms, drilled into proprieties, taught to dawdle in drawing rooms,—made to knit, and sew, and embroider, when they should: un about the fields, or work in gardens, they exercise in rocking chairs, and get fatigued with a shopping excursion:

or, on the other hand, compelled to labor from morning till night at severe and monotonous employments, they break down with over-exertion. Either as the doll-baby or the slave of civilization, woman is wronged in her whole nature, and suffers for the wrong; and all society suffers with her.

It has been demonstrated that the right performance of all the functions of life depends upon their harmony. If one vital organ be impeded in its action, the whole system suffers; and there is no more vital organ than the skin, which requires air and light, and especially cleanliness. It is hard to imagine that any woman neglects the law of cleanliness; but I can call no woman cleanly, much less delicate and refined, who neglects the daily ablution of her whole body. This will be a hard saying to many; but it is my business to write the truth, and the laws of nature and the conditions of health are not to be neglected with impunity. Whatever hydrophobic doctors, in their anger at the progress of the Water-Cure, may say, a daily bath is to every woman the condition of decency, of comfort, of health, and of beauty, which health alone can give. I make no exception. She needs a daily cold or tepid bath, at all times and in all conditions. A daily bath is more needed at her monthly periods than at other times. It is never more required than during pregnancy: it promotes wonderfully the ease of parturition, and is the great restorative provided by nature, and sought by instinct, even among savages, as soon as this work is accomplished.

A pure nutrition is an indispensable condition of healthy development and action. No nervous system can retain its integrity, when loaded down by the poisons of tea, coffee, tobacco, alcohol, spices, and drugs. No woman can partake of this forbidden fruit without experiencing the curse—the curses of her sex. There cannot be a disordered stomach without a weakened uterus. Every such indulgence is a draft upon the capital of life, to be paid with a heavy interest of pain.

Even in dress, women have sinned against nature with a strange perversity. I never meet a young woman in the street, with a waist laced into half or one-third its natural dimensions, without a sigh of pity at the thought of the terrible penalty she must pay for such unnatural folly—such ridiculous depravity; for in what can human depravity be greater than in the profanity of marring the works of God? In a chest and abdomen so distorted, neither lungs, nor liver, nor stomach, nor intestines can perform their functions. The system cannot receive a healthy nutrition, the blood cannot be purified, and what then can be expected of the crowning function of life? In women whose bodies have been so tortured and abused, gestation must be a long disease, terminated by miscarriage, abortion, or a perilous and painful labor, with puny and miserable offspring. Oh! woman, blush for your folly—tremble at your guilt. What was the sin of Eve compared with your daily violations of

the laws of God, written on the fairest and most perfect of his divine works?

The system of reproduction suffers from every violation of the laws of health, and from every injury to the organs of any other function; but it suffers above all, from the irregular or excessive action of its own organism. Stimulated to premature development and excessive activity, by all the luxuries of artificial life, the reproductive system is broken down, its health destroyed, and what should be the happiness, the delight, and glory of woman, becomes her dread, her misery, and her despair. It seems to me that I need not speak more plainly of what, alas! so many of my readers must too easily comprehend.

And when one, or several, or all those causes of disease produce their legitimate effect upon the female constitution; when palor and languor take the place of rosy health and energy; when there come loss of appetite, and nervous palpitations, and hysterical sobbings; when there is suppression of the menses, or painful menstruation, pain in the back, a sinking of the stomach, a dragging sensation between the hips; when to these symptoms of nervous and uterine disorder are added whites and falling of the womb, medical aid must be resorted to, and then begins, too often, a new catalogue of wrongs and abuses.

Thousands of women, especially the young and delicate, suffer years of torture, before they can be forced to seek for medical advice, and no one can blame them. When I see how women are treated, I have no words for my indignation. All I can do is to go on steadily and earnestly in the work of enlightening the world. I would not be thought rude or uncharitable; I wish to treat the profession with courtesy, but I must also treat it with justice. I am therefore compelled to say that there is throughout the medical profession, with but few exceptions, a deplorable ignorance of the causes, the nature, and treatment of female diseases. I do not blame men for this—it is their misfortune, and the misfortune of those who rely upon their skill. Books, and professors, and practitioners, are alike in the dark. But there is something worse than mere ignorance. Where men do not know what to do, and are called upon to do something, they are very likely to do wrong. Thus women are dragged into an aggravation of all their evils; they are outraged by frequent and useless examinations; they are made to wear useless or hurtful mechanical contrivances, the most miserable of all palliations; and to crown the whole, they are leeches and cauterized day after day, and week after week, until death itself would be a welcome refuge from their sufferings.*

* The almost universally diseased condition of civilized women, and the equally universal ignorance of the nature, causes, and proper treatment of their diseases, have exposed the sex to the most odious and mischievous quackeries. Our drug stores are filled with pretended remedies; and women are made to wear irritating pessaries, supporters, and other instruments of torture. Regular practitioners grow rich, and quacks make rapid fortunes, by these devices, which may well be called infernal. A recently patented instrument for prolapsus uteri, is valued by the inventor at ten thousand dol-

I do not fear to write these things, for many men and almost all women know that they are true. I denounce the whole system as ignorant or corrupt, and in either case, barbarous. There are comparatively few cases of female disease where an examination is called for, and in these, a single examination is all that is necessary. The exposure, from which sensitive women suffer more than death, is all the worse, because it is unnecessary. There is not one case in ten, where doctors pretend to find, and where they honestly think they do find ulceration, or schirrous, or cancer of the womb, that they really exist. There is not one case in a hundred where they apply lunar caustic, that it is needed, even by the rules of their own system; and no man needs to burn when he knows how to heal. These caustic doctors are like the other quack who made every kind of sore a burn, and then sold his salve to cure burns.

If such be the "regular" treatment of female diseases, what are we to expect when the physician comes to the bedside of the parturient woman? We have here the same unnatural, and often outrageous treatment. Here, where august Nature should reign supreme, her laws are too often violated, and all her teachings set at naught. Instead of preparing a woman to go through the process of labor with all the energy of her vitality, she is weakened by medication and blood-letting. Instead of being put upon a proper regimen, and a diet suited to her condition, she is more than ever pampered and indulged. And when labor comes on, the chances are that it will be interfered with in the most mistaken, the most unjustifiable, and too often the most outrageous manner. The uterus will be stimulated into excessive and spasmodic action by the deadly ergot; the mother, at this most interesting and sacred hour of her life, will be made dead drunk with ether or chloroform, both preparations of alcohol; and if a weakened and deranged system does not act as promptly as the doctor wishes, he proceeds to deliver with instruments, with the risk, often the certainty, of destroying the child, and very often inflicting upon the mother irreparable injury.

A fashionable physician, such as we have too many of in this city, finds a patient in labor; he looks at his watch and says this child must be born in an hour; and if the labor does not proceed rapidly enough to suit him, he administers the dose of ergot, which he always has ready. Frightful contractions ensue; the birth of the child is accompanied with rupture of the peritoneum, inversion of the uterus, or, at the least, is followed by terrible prolapsus; and it sometimes happens that such treatment causes instant death by rupture of the uterus. This is no fancy sketch, but a history of actual cases, in the practice of some

lars; and a new catholicon is held at fifty thousand. The instrument is a stupid and torturing hambug—the medicine a mischievous compound; and both are designed to plunder the ignorant and suffering. So odious and shameful is this whole business, that I am determined it shall be broken up, if I have to devote the best years of my life to the work.

of the most distinguished of our obstetric practitioners. There are others who, on all occasions, are accompanied by a case of terrific instruments; and, if a labor is protracted, instead of waiting for the operations of nature, and aiding her efforts by gentle and justifiable appliances, they proceed to drag the infant into the world by the forceps, or plunge a perforator through its skull, or tear its limbs piece-meal from the abused and tortured victim of such barbarity. Who shall say how many of the eleven hundred still-born children, registered in the office of the City Inspector, in a single year, were "scientifically" murdered, in this fashionable practice of Midwifery?*

These outrages have been borne, because women have been so strangely ignorant of the laws and functions of their own beings, that they have not known how they were abused; and because, in pain, and sickness, and in the hour of peril, these doctors have been their only resource. In denouncing the ignorance and malpractices of so great a part of the medical profession, I well know what I shall encounter from them and their blind and bigoted adherents. I know that the very quackeries I denounce, indecent and detestable as they are, make up a large portion of the regular practice of medicine. Daily useless examinations and mischievous cauterizations are exceedingly profitable. One man—if I do not too much insult humanity in giving him that appellation—residing in the vicinity of New York, has made these female diseases a speciality; and if the men of New-York knew how he has deceived, and outraged, and plundered their wives, and sisters, and daughters, they would visit upon him a heavier retribution than the London brewers and coal-heavers inflicted upon the Austrian butcher! The infamy of his bold quackeries and obscene manipulations would make the paper blush on which it was written. I have known of case after case, which he has maltreated; and I

* I fearlessly appeal to the wise, the gentle, and the really skillful of the medical profession—for many such there are, and well would it be for humanity if there were more—if I have misstated the facts, or spoken too severely of the treatment of female diseases and the practice of midwifery, by professional mountebanks of high standing in this community I am perfectly aware of the ground I stand upon; and understand the abuses I mean to remedy. It is but justice to state that the practices I denounce and would remedy have been pointed out and condemned by some of the most distinguished men in the profession. Professor Bedford, of the University of New York, has very severely criticised many of these abuses; and Marshall Hall, one of the most distinguished medical writers in Europe, in denouncing frequent examinations, and the abuse of the speculum, in a late number of the *Lancet*, says:—

"I have seen cases in which the speculum and caustic having been employed—and unduly employed as I believe—the patient remained more miserably afflicted in mind and body than ever, and this the effect of that treatment. I will not advert even to the epithets which have been applied to the frequent use of the speculum by our French neighbors, who are so skilled in these matters; but I will ask, what father amongst us, after the details which I have given, would allow his virgin daughter to be subject to this 'pollution'? Let us, then, maintain the spotless dignity of our profession, with its well-deserved character for purity of morals, and throw aside this injurious practice with indignant scorn, remembering that it is not mere exposure of the person, but the dulling of the edge of virgin modesty, and the degradation of the pure minds of the daughters of England, which are to be avoided.

know of no case, in which, after a time, and when the peculiar excitement he induces has lost its effect, the patient has not sunk into a worse condition. Many of his patients, filled with shame at the outrages to which they had ignorantly and uselessly submitted, have since been entirely restored to health by the Water-Cure. I am happy in believing that this man is not recognized as a "regular" physician by the Faculty.

The Water-Cure is fast becoming known to the whole world; and recognized by all intelligent minds to be what I have elsewhere described it—"a comprehensive system, founded in nature and adapted to all the wants of man." The rapidity and certainty of its remedial action in acute, and its power over chronic, diseases; its absolute efficacy in all derangements of the human system; its marvelous cures of cases which have for years defied every other system of medication;—these, with its simplicity, its universality, its beauty, and harmony with nature, have attracted to hydropathy the sympathy and confidence of all intellectual persons, who have given the subject the least examination.

But the most brilliant triumphs of Water-Cure have been and are to be achieved in the treatment of the diseases of women, and in carrying them safely, and as far as can be painlessly, through the period of gestation and the processes of parturition. The treatment of female diseases by the Water-Cure is all that the common system is not, in its rationale, its processes, and its results. It looks to the causes of disease, some of the principal of which I have already enumerated, and does not insensibly set to work in the hope of removing an effect while the cause is allowed to continue. It surrounds the patient with all the conditions of health, and trusting to the recuperative energies of nature, aids them by the processes of art; and by adapting its processes to the nature of the disease and the condition of the patient, effects a thorough and permanent cure.

In bringing about a cure, it may be necessary to excite the action of the skin, by the wet sheet pack, and the douche; we may have to cure the dyspepsia, the liver complaint, or the spinal disease, which is at once the cause and the complication of the uterine difficulty; we support the falling womb with the wet bandage; we give tone by frequent sitz-baths and vaginal injections; in a word, we give health, and strength, and energy, to the whole system, and cure all its disorders.

In the adaptation of Water-Cure to the conditions of pregnancy and child-birth, its efficacy comes so near the miraculous, that I hardly expect to be believed. The Water-Cure preparation for child-birth is to establish the highest condition of health. We prevent the nausea and vomitings of a diseased nervous system; we continually strengthen the muscles of the abdomen; we daily give tone and energy to the organs of reproduction; and when we have produced that state of health which belongs to the woman of nature, we trust nature to do her own work, giving all the aid she requires, and careful not to obstruct or derange her beneficent operations.

It is the disgrace of the medical profession, that ignorant women—ignorant in these things, though instructed in a thousand matters of less importance—are imposed upon by physicians, in the most shameful and mercenary manner. Even grave medical books teach students of midwifery how to deceive their patients. Thus women believe that the fetus lies in the womb with its head upwards, and that the doctor can assist it in turning over, when about to be born! Thus doctors allow women to think they can assist in enlarging the passage through which the child must pass, and violate all decency as well as all honesty, in pretending to do so, with mischievous manipulations; but there is no end to the devices by which a mercenary profession imposes on popular ignorance.

The pain of labor is caused by the dilations and contractions of diseased organs. Free those organs from disease, and their natural functions are never accompanied with pain. In numerous instances, I have known the os uteri to dilate completely, the uterus to contract, and the child to be born with from one to three contractions, accompanied by so little pain as to scarcely discompose the countenance. This has been the case, not with Indian women, nor negroes, nor Irish washerwomen, but with delicate ladies, who, in their previous confinements, had had great suffering, but who had obtained all this blessed relief by means of the Water-Cure.

I can point out cases of this kind all over the city of New-York. Many of them have been published in the Water-Cure Journal; there are a number in Mrs. Nichols' "EXPERIENCE in Water Cure,"—a book every woman should read; and such cases are constantly occurring in our practice.

Let me not be understood as saying that all our cases of child-birth in Water-Cure are as painless as those to which I have alluded. I am called to cases where there has been no preparatory treatment; to others in which such treatment has been partial, or of short duration. In cases where the patient has taken the Water-Cure, the relief from pain, and the shortening of the labor, are the measure of the benefit derived from the treatment. It is in cases where the preparation has been thorough and complete, that child birth is almost entirely deprived of its pains and perils.

In such cases, with patients who have suffered greatly in previous confinements, the labor has been so short and so easy, that they were scarcely able to say whether the contractions of the uterus and expulsive efforts were accompanied with pain. In my last three cases, which occurred on three successive nights, I was not in either detained over two hours, and these were far from being the most favorable. "Are these efforts painful?" was asked of one lady, a short time before the babe was born. "No," she replied, "it seems as if I had rather make them than not;" and now, in speaking of her confinement, when from habit she says, "When I was

sick," she corrects herself, by saying, "No, I am wrong, for I was not sick at all."^{*}

These wonders of the Water-Cure are so numerous, and yet so incredible to those who are unacquainted with its powers, that every one who feels an interest in the matter ought to make personal inquiry; and I shall be happy to give any one the names of many ladies who are zealous in the good cause, and who will be very glad to give their own experience for the good of others.

But it is not only the time that is shortened in childbirth, and the pain that is lessened, but the danger is almost, and in all cases of natural labor entirely, removed, by the treatment pursued. If the action of the uterus lingers, we give no poisonous and uncontrollable ergot: the cold sitz bath acts like a charm in bringing on frequent and regular contractions. Convulsions are unknown in our treatment. Floodings are checked with great certainty, in all cases, by the application of cold water, and are prevented after labor by cold injections into the vagina, and the wet bandage. I have never had a case which I could not leave with safety in half an hour after the birth of the child, with an absolute certainty that the mother was in entire comfort—the after-birth removed, the mother bathed and bandaged, her linen changed, and she removed to a clean bed and ready to get some hours of refreshing sleep. As to fatal flooding, or peritoneal inflammation, after childbirth, I have never heard of a case of either under Water-Cure management, nor do I believe such a thing possible; so surely are they guarded against by this mode of treatment. After-pains, so common with the ordinary treatment, are scarcely known in this; and the rapidity of recovery is in proportion to the immunity from suffering and danger. In many

* In a little tract, entitled "The Water-Cure," prepared by Mrs. Nichols, for gratuitous circulation, she says:—

"The writer has had a large obstetric practice for several years, and has never had a patient who was not able to take an entire cold bath, and sit up and walk, the day after the birth of a child. I need not say, that life would often be the forfeit of even rising from the bed, at an early period after delivery, where patients are treated after the old methods. The Water treatment strengthens the mother, so that she obtains a great immunity from suffering during the period of labor, and enables her to sit up and walk about during the first two days after delivery. In all the writer's practice, and in the practice of other Water Cure physicians, she has never known an instance of the least evil resulting from this treatment."

The same writer published the following in the April number of the Water Cure Journal:—

"I have been very much gratified with several births that have recently come under my care. One young lady, who was really far from strong, but who had been living very carefully on Water-Cure principles through her pregnancy, encouraged and supported by a strong earnest husband, suffered slightly one quarter of an hour. Another, with a first child, and whose friends frightened her all in their power, took the cure under my care, and when she was delivered, she could hardly be said to suffer at all. I was uncertain whether the expulsive efforts were accompanied with pain. I said, after the birth, 'were these efforts painful?' She hesitated, and then said 'slightly.' The same day she sat up and held her babe, and said she felt well. Another, the last case I had. The babe was born with three expulsive efforts, each of which was somewhat painful. This was all. The lady was up the day after the birth, and about house, as usual, in a week."

cases, the patient feels as well as ever on the third day. Every patient gets up the first day, takes a sits bath, and is washed all over, taking two such baths daily. A week may be considered a fair period of convalescence, and I would not advise any patient to venture out under that period. I have seldom found it necessary to make more than two visits after confinement.

I have given a simple statement of facts connected with the treatment of female diseases and management in childbirth by the Water-Cure, as practised by Mrs. Nichols for some years, and more recently by myself. Our methods may differ somewhat from those of other Water-Cure practitioners, but they are such as we have found to be in all respects satisfactory. No woman who has once experienced the blessings of this treatment, would ever choose any other, and there is no doubt that as fast as it is made known, it will be everywhere adopted.

And now, in conclusion, let me recapitulate some of the benefits that the Water-Cure offers to women.

It relieves their weaknesses, and cures their peculiar diseases, without exposure, without indelicate examinations or manipulations, and the dangerous applications of the actual or potential cautery.

It does away utterly with the cumbrous, disgusting, and mischievous instruments which women have been compelled to wear, to their great annoyance and real injury.

It restores the tone of the entire system, gives action and energy to all their organs and functions, and prepares them to perform the duties and enjoy the happiness of the marriage relation.

It carries them safely through the period of gestation, preserving their health, increasing their strength, and preparing them, in the best possible manner, for the period of maternity.

It greatly shortens the duration, and mitigates and often almost entirely prevents the pain of childbirth.

It allows the immediate removal of the placenta, and prevents hemorrhage and after-pains.

It removes all danger of puerperal fever and inflammation—diseases from which thousands of women yearly perish.

It secures a rapid recovery, and a certain freedom from prolapsus uteri, and other affections, which so often follow childbirth with the ordinary treatment.

It gives the best promise and security that can be given of healthy and well developed offspring. The comfort, cheerfulness, and hope of the mother seem to have the most happy influence upon the character and constitution of the child.

And, by these influences, the Water Cure realises our title of "THE CURSE REMOVED."

New-York, 87 West 22d street.

MANY midwives and experienced matrons admit, that not to indulge in eating and drinking more than is barely necessary, retards the growth of the fetus, and thus contributes to the safety of childbirth.—*Water-Cure Library.*

WATER, ITS MODE OF ACTION.

BY EDWARD JOHNSON, M. D.

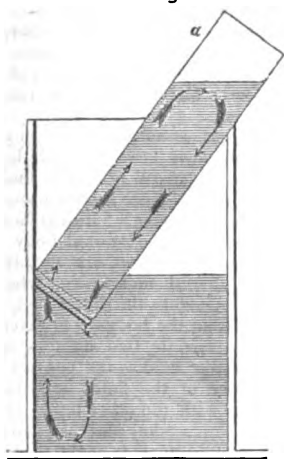
THE poisons, which may be held in solution in the water of the blood, escape through the skin when in contact with water, by the well ascertained laws of endosmosis and exosmosis, discovered by Dutrochet, and more elaborately examined and established by Liebig, under the less outlandish name of Alien or Heterogeneous Attraction.

It is not necessary to enter here into any elaborate discussion of these laws. It will be sufficient to explain their general principles and mode of operation. Those who are more curious on the subject may consult Liebig's "Researches on the Motion of the Juices in the Animal Body." The facts or laws, broadly stated, are simply these: whenever any animal membrane, whether living and still attached to the living body, or dead and separated from the body—whenever any animal membrane has its two surfaces in contact with two dissimilar fluids—the one surface in contact with one of the fluids, and the other surface in contact with the other fluid—an interchange of the two fluids takes place. A part of the fluid which is on the outer side of the membrane passes through it and mixes with the fluid on the inner side; and a part of the fluid on the inner side passes through the membrane and mixes with the fluid on the outer side. This requires illustration. Let some pure water be put into a basin; and let some water containing any soluble substance, as sea-salt, any of the soluble salts of mercury, arsenic or iodine, be put into a glass tube, one of whose ends is tied accurately over with a piece of bladder. Now plunge that end of the tube which is tied over with bladder into the water, and let it remain there. The necessary conditions are now established. We have a piece of animal membrane, (the bladder,) one of whose surfaces is in contact with pure water in the basin, while its other surface is in contact with a dissimilar fluid, viz., water, containing, say, bichloride of mercury, i. e., mercury and water. Now, what happens is this:—A part of the mercury and water descends from the tube, through the animal membrane, into the water in the basin; while a part of the water in the basin ascends through the membrane, into the tube, to supply the place of that which has descended out of it. And this interchange of fluid goes on until the water in the basin contains as much mercury as the water in the tube. When this equal distribution of the mercury has taken place, the interchange ceases; for the fluids are now no longer dissimilar. They have become similar. If now the water in the basin be thrown away, and the basin again filled with pure water, the interchange recommences, and again continues until again the two fluids have become similar—that is, until the water in the basin contains as much mercury as the water in the tube. Thus, by continually emptying the basin and resupplying it with pure water, all the mercury may be withdrawn out of the tube—or a portion only left

which is too minute for the human imagination to conceive.

The experiment may be tried thus: Take a glass tube, (a, fig 1,) the diameter of whose caliber is four-tenths of an inch. Close one of its ends accurately with bladder, and fill the tube with brine. Now take a much larger tube (b) — a common tumbler will do — and fill it three parts full with pure water. Then immerse the bladder-end of the small tube just under the surface of the water of the larger tube or tumbler, giving it an inclination of about 45°.

Fig. 1.



In a short time a current of liquid will be seen rising from the bottom of the water in the tumbler, upward along its side, in the direction indicated by the arrows, through the bladder, and up along one side of the small tube to the surface of the brine; then it descends along the other side of the small tube, in the direction of the arrows on that side, down through the brine, and through the bladder, down to the bottom of the water. The downward current is a current of brine descending into the water in the tumbler. The upper current is a current of pure water ascending into the tube to supply the place of the lost brine; and this current will continue until the two fluids have become similar—that is, until the fluid in the basin has become as salt as that contained in the tube.

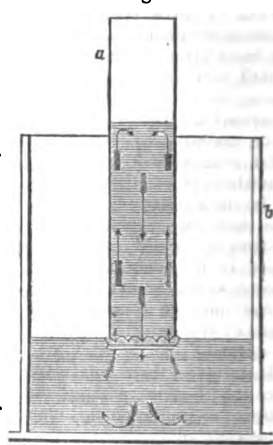
If now the tumbler be emptied, and refilled with pure water, the current will be re-established; and in this way the brine in the tube may be completely purified of its salt.

The currents will be seen with beautiful distinctness if some very fine particles of indigo be suspended in both fluids—viz., that in the tumbler and that in the tube.

If the tube (a, fig. 2) containing the brine, have a caliber whose diameter is four fifths of an inch, and if it be supported vertically, so that its bladder-end be immersed just below the surface of the water in the tumbler, (b) two currents will be seen to ascend, in the direction of the arrows, through the bladder, one on either side the tube to near the surface of the brine. They now turn, and descend together in one double current through the middle of the brine in the tube, down through the bladder into the water, where they diverge, turn again, and again ascend. The double current descending through the mid-

dle of the tube is a current of brine coming down into the water in the tumbler. The two separate outer currents ascending from near the bottom of the water in the tumbler are two currents of water going up through the bladder into the tube, to supply the place of the brine which has descended into the water.

Fig. 2.



Now, when pure water is held in contact with the external surface of the body, by means of the wet sheet or any other means, precisely the same conditions are established with regard to the fluids within the body—that is, on the inside of the skin—and the water which is in contact with its outer surface, as are established, in Fig. 2, between the fluid (brine) contained in the tube—that is, on the inside of the bladder—and the water in the tumbler which is in contact with the bladder's outer surface. About 80 per cent of the blood is water, and it is this water which holds in solution whatever soluble substances, whether poisonous or otherwise, happen to be present in the blood; and it is this water, holding in solution fibrine, albumen, and the various salts proper to the blood, which alone circulates in those myriads of millions of millions of capillary vessels which are too small to admit the red particles. When any poisonous matters are present in the blood, it is in this water of the blood that they are held in solution, as the salt is held in solution in the water of the brine.

Now when, by means of the wet sheet, pure water is held in contact with the outer surface of the skin, and supposing that the water of the blood, which is on the inside of it, is poisoned, say with bichloride of mercury, what happens is this: an interchange takes place between the fluid on its outside (pure water) and the fluid on its inside, viz., the water of the blood holding bichloride of mercury in solution. The mercury-and-water passes through the skin into the water of the wet sheet, while the pure water of the wet sheet passes through the skin into the blood to supply the place of the mercury-and-water. As in figures 1 and 2, a double current is established—a current of pure water into the body, and a current of mercury-and-water out of the body; and in this way, by frequently renewing the external contact of pure water with the skin, the blood is purified of whatever poisonous or otherwise morbid matters it may happen to contain.

If a glass tube be partially filled with a satu-

rated solution of salt (brine), one end of the tube having been first carefully tied over with bladder, and if the tube be suspended in the air, in a short time that side of the bladder which is exposed to the air becomes covered with salt. The brine passes through the bladder from the inner to the outer surface. When it reaches the outer surface the water evaporates, leaving the salt adhering to the bladder.

When a person has taken the nitrate of silver for a considerable length of time, it is well known that the skin becomes colored permanently blue from the lodgment of oxide of silver in the tissue of the skin—the nitrate being converted into a simple oxide.

It would seem that something similar happens here with regard to the salt of silver (nitrate of silver), and the skin, as happens with regard to the salt of the brine and the bladder, in the experiment just described above. The water of the blood, holding the nitrate of silver in solution, passes through the under layers of the skin until it reaches the rete mucosum, which lies immediately under the scarf-skin—not traveling along the perspiratory spiracles, but permeating the tissues. Having reached this locality, the water of the blood evaporates, while the silver, unable to penetrate the dry and horny cuticle, is left fixed in the rete mucosum.

It is febrifuge, anodyne, antispasmodic, and depurative. It allays excitement, soothes the nerves, and lowers the pulse.

When the wet sheet is used, as in fevers, inflammations, &c., for the purpose of extracting as much heat as possible, and as rapidly as possible, the patient is merely enveloped in one or two blankets outside the sheet, and thus left, without any more coverings, being put into a fresh wet sheet as often as he becomes hot. Two sheets should be used for this purpose—the one being spread over a chair to cool, while the patient is lying in the other. The principle on which the sheet is used on these occasions is precisely the same as that on which cold wet cloths, cold lotions, &c., are applied to an inflamed part. In these cases the whole body is inflamed, so to speak, and therefore the application is universal instead of partial.

NEW VIEWS ON HEALTH.

BY SAMUEL BOWER.

The Water-Cure Journal "is willing and anxious to discuss all questions of life and health, disease and remedies, in fact all matters of difference on these subjects, and all principles relating to them, before the whole people." * * "It ranks NUMBER ONE as a practical health journal, and has already much the largest circulation of any medical periodical we have any knowledge of."—*July No. page 17.*

A fairer invitation than the above to discuss old questions of health, or moot new ones, is not to be wished for, nor a better medium of communication. The writer of this article avails himself of the offer to present certain principles, facts,

and suggestions, which, howsoever well understood and applied at past periods of our history, have been forgotten or neglected by modern society.

The subject of health, involving, as it manifestly does, whatever is fundamental or constitutive in our being, is necessarily, in its most extended relations, heliacal. Inhabiting a system, of which the sun is the visible centre and chief material cause, it is impossible that the full measure of health can be attained, unless our natural relations to that orb be first clearly perceived. That the full measure of natural health is attainable, and attainable only by individuals being placed and kept within good natural conditions, will readily be assented to. To obtain an equally ready assent to the proposition that the most important of these are solar, is our present object.

Man, in common with all animals which dwell above the earth's surface, requires, for growth and development, the free and full use of certain natural means. These means are everywhere provided, and are each the best for helping to the designed end. They have each a special use, which can be answered through their agency alone. None can stand for, or serve in the absence of another. Food will not satisfy thirst, nor water hunger.

The manifest, elaborating chief cause, in the production of all the material means of life and health, the sun, radiates, at least, two powers, light and heat, whose diurnally recurring direct action is indispensable to all the growth which proceeds on the earth's surface, whether vegetable or animal, and to the preservation in health of this two-fold existence. Water will serve to cleanse and purify from the gross matter of disease, and vegetable food will qualify for an unsensual life. But neither of them are orthopathic. They do not, cannot preserve the body in perfect natural health. They subserve, help to that end, within larger influences. These larger, universal material influences, absolutely conduce to and preserve health. The universal natural healing influences which civilized man has now to learn to apply, are solar light and heat. These are orthopathic.

In recovering from a state of ignorance and declination, the procedure is, inevitably, by a sort of reversed causation, that is to say, that what is really not the cause, in the highest sense of the particular evil we are dealing with, is yet understood to be the cause. It is the nearest, grossest, most palpable. That removed, a more powerful cause is discovered, which can be counteracted only by the application of the more refined natural means at our disposal. You may rid of impurities city sewers by flooding them with water; and men will be all the better for a proper use of water and food and air. That that is complementary to these, has yet to come. Civilized man everywhere excludes the most powerful natural causes of health. The extent to which the debilitation of the human frame has been carried, and the frightful amount of suffering consequent thereon, cannot be comprehended,

until it is understood that exclusion from direct contact with the body of man, of solar light and heat, is fatal to health, notwithstanding the presence and use of the other natural proper conditions, fresh air, good food, and pure water.

Of all the causes which have operated to reduce man from a state of beatitude to his present pitiable condition, pride and luxury rank, doubtless, among the foremost. So far as luxury, in one of its main features, drink and diet, is concerned, the corrective is being well applied by the temperance, cold water, and diet reformers of all grades. A more serious evil has to be encountered. The attack has to be made on ignorance and vice in their last entrenchments—vanity and pride. Will success fail us here? It cannot. Approaching, by successive degrees in causation, the chief visible cause of life and health, his final and direct agency admitted, disease in every form must cease to exist. Strip evil of its last disguise, bring the sick and habitually diseased out into the vivific solar ray, and you have the absolute and immediate health agencies in operation to recover and restore. Let us doff our foolish bedizenments, come out of our mis-called homes—too often, alas, nurseries of sickness—and present ourselves, strong in the belief of science and natural truth, before the glorious source of life, and light, and concrete form. It is conceded that, at a rash presentation, the departing death might, in his haste to escape from the healer's burning ray, hurry off with him his hapless victim. Yet there are the strongest assurances that where a suitable preparation has been made by hygienic observance, life and not death, health and not increase of disease, will be the joyous result.

Why does civilized man put on, at all seasons, over that natural garb which the all-provident Creator has given him, his clothing? Why is he, during so large a portion of his time as to make it the rule and not the exception, housed with gloom and noxious vapors? Not to preserve health, certainly. These practices minister to disease. By the voice of ten thousand savans, physiology proclaims its law: "Man, be clean; hinder not the escape, through myriad pores, of those noxious gases which the divine chemist, assimilating only what conduces to health and strength, casts from him. Keep in communication at every point with the outer world. Let not ignorance, vanity, and folly, with frivolous purpose, hang around thee their pitiful contrivances, calculated solely to unman, debase, and destroy. Let rains or rivers wash thee. Let the tonic air blow on thee. Above all, let the sun-beam reach thee, let it play on and around thee, everywhere, at every point. Yield thee to all the skiey influences, but especially to this, of all the heavenly ministries the best."

Man, the reformer, does well to attempt but one thing at a time. He has bestowed thought enough on the stomach, let him turn his attention to the skin. In this matter, we hand him over to science, to whom he owes henceforth an additional responsibility. Let us look at this

wondrous tissue of coat over coat, with its millions of microscopic ducts and nerves, and its countless conductors of electricity bristling on its surface. Our subject is a civilized man. A small part of him there is—it is the smallest possible part, the digital ends of his arms and a few inches around his mouth, nose, and eyes—which is uncovered. Remove some part of his so-called clothes. There, bare that thigh, or this shoulder. Lo, death! It is the limb of a cadavre! Now compare with that embrowned hand, or this face, which has always looked honestly on its maker, the sun. Well may the comparison strike with fear the mind—it ought also to fill it with shame. Now "off with those lendings," and let winter's breath blow on the body, or a July's sun shoot its rays on the enfeebled frame. Preposterous! the idea is utterly inadmissible! Prejudice, habit, and fashion imperiously forbid it. Never must the bracing air, nor the enlivening sun bring health to that wretched being. He is in charge of some malign influence. He fears the love which would save him, and clinging to untruth and custom, will go down to an early and unhonored grave.

Atmospheric air should at all times be in contact with the entire person, should at all times freely come and go. The solar ray should impinge directly on the body; everything which hinders is ceremonial, shutting in with death the living man. These are axioms, are bases of all health knowledge, because fundamental to life itself. It is the natural right of every individual to have full use of abundance of air and light; of that air which circulates freely around the earth; of that genial effulgence which awakens and preserves life in every animated form. Without these, existence soon becomes a wearisome burden, and happiness to consist in an escape from it. Doubtless the bitter wailing, which continually ascends wherever civilized man is, arises from extensive infractions of the health law. The infraction, in multitudinous detail, of the general law could hardly occur, were it not that in modern times men have been raised in ignorance of what really is the veritable material source of all life, the preserver of all health. Civilized man has forgotten that his home is in the natural heavens, that he ought to abide there, that the full measure of happiness awaits him there; and by night and by day he hides himself in noisome enclosures of stone, or brick, or wood. He seems not to know that, in common with the birds and beasts, which move untrammelled above and on the earth, he has been fitted with a natural covering, the only covering suited to his use; and during summer and winter, in hot and cold, or dry or wet, his false draperies hang about him, cling to him, are almost a part of himself. To help man recover from this debasement, and reassume the character which properly belongs to him, is, of all things, the most important. Is the consummation impossible? No, no. Teach him spiritually to reassert his natural rights. Let him understand that "the government is upon his shoulders." Deliver to him, word by

word, the whole of the health law. Baptize him with water. Sanctify, make him pure-blooded with vegetables and fruits. Fix him, wed him eternally to these, by bringing him bodily within the influence of the all-preserving sun, and human love and intelligence will have fulfilled its mission. Once restored to their long-lost natural state, freed from the abominations of cities, and the enthrallments of art, the spirits of men will not descend to any lower life than the most perfect wisdom shall prescribe. In that future which, by the aid of science, is now opening to man, it is absolutely certain that there will be no diseased life, no painful death. The day-long, life-long observance of the laws of health, it is certain, can result only in health, and health is happiness; beyond it there is nothing to be desired, nothing to be had.

It has not eluded the observation of the writer, that the intellectual and moral state of civilized man is, at this moment, such as to insure the greatest possible misapprehension of, and opposition to, the propositions now set forth. This is unfortunate, certainly; but to defer giving them publicity would be nowise remedial. Time itself will be no cure for the evil. The ignorant may remain ignorant forever, unless efforts be made to enlighten them; and opposing forces shall not be diminished, by neglecting to arm with new powers the friends of progress. It is all-important to follow the path which science and philanthropy point out. Neither the temperance and diet reforms in particular, nor, generally, those numerous other reforms for which the age is distinguished, can be completed or made permanent, unless the field of reform be opened to its widest possible extent. This can be done in no other way than by developing, from universal grounds, special principles of action. How far this has been done on the present occasion, readers must determine.

Farmington, Iowa.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR—No. 11.

SAMUEL HAHNEMANN.—Ten years after the birth of Rush, in Philadelphia, Samuel Hahnemann first saw the light, at Meissen, in Saxony. This extraordinary man, after completing his medical studies at the University of Leipzig, became so dissatisfied with the practice of medicine as taught in his day, that he devoted himself to literary pursuits instead of pursuing his profession. While thus occupied, he is said to have had an attack of intermittent fever, in consequence of taking some Peruvian bark. Much surprised and startled by this circumstance, he again examined the history of medicine, and also interrogated nature, to find if possible a similar case in its annals, where a specific would induce the disease for which it was a remedy. The result was the formation of a new system, which he promulgated to the world under the name of Homeopathy, a word derived from the Greek, and signifying the same symptoms, identical with the old Latin

aphorism, *Similia similibus curantur*: Like things are cured by like.

ANTIQUITY OF HOMOEOPATHY.—He tells us that from the remotest times men have had some glimpses of the true art of healing. Hippocrates, in his book on epidemic diseases, tells of a case of cholera which was cured by hellebore, a substance capable of exciting cholera. The sweating sickness raged in the fifteenth century, and all attempts to check it failed until sweating medicines were given: after which but few died. Musk is a specific in spasmodic asthma; given to a healthy person it will cause symptoms of suffocating tightness of the chest. Cow-pox, although of a milder character, is identical in its nature with small-pox, and will therefore prevent it if vaccination has been performed before exposure. Wearing sulphur in their clothes will secure workers in wool against the kind of itch to which they are subject; and a small dose of deadly nightshade is a preventive of scarlet fever, where the latter rages epidemically, exciting upon the skin an eruption resembling that of the disease which it scares away.

ITS POPULAR PRACTICE.—In domestic practice it is common to rub frozen limbs with snow, and in Germany to lay frozen sourcrows upon them. The cook who scalds his hand with boiling sauce, holds it near the fire, regardless of the temporary increase of suffering, well knowing that in a short time the burnt place will be free from pain. Dr. Kentish, who practised among miners, and had numerous opportunities of treating burns, found they did best when stimulated with turpentine and alcohol. John Bell gives a case of a lady whom he attended, who had scalded both her arms; one was moistened with spirits of turpentine, and the other put in cold water. The former was cured in half an hour, but the other continued in pain for six hours; for as soon as it was taken out of the water the pain was renewed.

HIPPOCRATES AND HOMOEOPATHY.—Hippocrates remarks that by vomiting, vomiting will be made to cease. Many regular practitioners of the present day in accordance with that maxim, prescribe small doses of tartar emetic for nausea with success. Dr. Harding made out that senna tea cures colic by its power of exciting colic in the healthy; and Bouldue saw that rhubarb cured looseness by means of its purgative quality. Stoerck asks whether, since stramonium produces delirium in the healthy, it would not be worth trying to restore sense in the delirious. But Stahl, a Danish regimental surgeon, speaks out his sentiments on this subject in the clearest manner, and observes that the common rule of curing diseases by remedies of an opposite kind, is totally erroneous; and that he is convinced that diseases yield to remedies which produce a similar malady, and adduces many cases similar to those last mentioned, adding that he has cured acidity of the stomach with a very small dose of sulphuric acid, in some cases where a

multitude of absorbent powders had been used in vain.

SHAKESPEARE'S HOMŒOPATHY.—Shakespeare alludes to the same class of facts :

"Tut man, one pain burns out another's burning,
One pain is lessened by another's anguish ;
Turn giddy and be help by backward turning ;
One desperate grief cures with another's languish ;
Take thou some new infection to thine eye,
And the rank poison of the old will die."

REAL OFFENCE OF HAHNEMANN.—So far then Hahnemann discovered nothing new, and had he been content with theory alone, would not have met with much opposition, or ever been branded with the epithets of quack and imposter, and a hundred similar appellations generously bestowed by the successors of the Galenical physicians, on those who interfere with their methods of thinking and practice. But he went far beyond this, and invented an entirely new system of compounding and prescribing medicines as far as doses were concerned. All that is required, he teaches, to cure a disease, is to find a similar remedy, and to administer it in such a dose as shall cause an extremely slight and temporary aggravation of the symptoms ; the slighter, the better ; and hence the smaller the dose of the remedy the better, provided this slight aggravation takes place.

DILUTION OF MEDICINE.—He proclaimed that he had made a grand discovery of a method of immensely increasing the powers of medicinal substances, by minutely dividing and triturating them ; and that by treating in this way matters before considered inert, such as charcoal, he could make them active agents. The extent of this division seems incredible to a mind unprepared to hear it. Thus, one grain of calomel is rubbed up with one hundred grains of sugar, until the whole is intimately united ; one grain of this compound is rubbed up with another hundred grains of sugar ; one grain of this again rubbed up with another hundred, and so on for ten times, a grain of the last being a common dose. It is the same with liquids : one drop of a tincture is dissolved in one hundred drops of a proper liquid ; one drop of this in another hundred drops ; and one drop of this again used in the same way, and the process repeated to the tenth dilution. Even the number of shakes to assist the dilution is limited. Hahnemann says, "A long experience and multiplied observation upon the sick lead me, within the last few years, to prefer giving only two shakes to medicinal liquids, whereas I formerly used to give ten." The reason assigned is, that the inherent power of the medicine is thereby so much increased, that it makes it too potent for safely prescribing.

MEDICAL DARING.—How the properties of medicines were first discovered it is impossible to tell. Take two roots, one of jalap and one of ipecac, and by merely examining them, without previous knowledge, the most acute intellect would utterly fail to predict that acute purge and the other vomit ; and few would be willing to swallow them in order to test their powers. We are told that

Stoerck, of Vienna, first tried his poisons upon himself, and thereby acquired merited honor ; and that Mr. Jukes, a daring and intrepid English surgeon, swallowed laudanum enough to kill a horse, for the purpose of showing the utility of his machine in extracting it from the stomach ; but, in the nature of the case, such heroic examples would be rarely followed.

PHYSIC IN HEALTH.—Hahnemann's theory obliges his disciples to test their medicines on persons in health, so as to be enabled properly to prescribe them in disease ; and they have thus been forced to experiment on themselves, which, on account of the smallness of the doses, they have been enabled to do without danger. Societies of physicians have been formed for this purpose, each member taking a certain medicine, and meeting at an appointed time to compare the symptoms which were thus developed. As might be expected, extreme minuteness characterizes all their descriptions of the properties of medicines, as an example of which we will mention the *mental* effects of common salt. "Melancholic sadness, with searching for many unpleasant things—much weeping, and increased by consolation—sorrowfulness about futurity—anxiousness also during a thunder-storm, chiefly at night—indolence, aversion to talk, joylessness, and a disinclination to labor—hasty impatience and irritability—easily frightened—hate of former offenders—fretfulness, and disposition to angry violence—inclinations to laugh—alternation of fretfulness and hilarity—great weakness of memory and forgetfulness—thoughtlessness and mental dissipation—misusing words in speaking and writing—inability to reflect, and fatigue from mental exertion—awkwardness."

NATURE'S ADMONITIONS.—With regard to the small doses, practice alone is the test of their efficiency, but the theory certainly has a foundation in nature. The symptoms disease presents to us are not the disease itself, but the vis medicatrix battling with it ; and the conservative power surely takes the best possible method of overcoming it, and the medicine that operates in the same manner must be the right one.

FLINT'S REMARKS.—"Nature," says Flint, "has given birth to the greater number of poisonous plants and venomous animals on the borders of pestiferous marshes. May they not be placed there to absorb the poison from the air, putting in operation the machinery of life to lustrate it ? It is a well known fact, that in humid and unhealthy districts, during the greatest heats, the atmosphere germinates the greatest number of insects, and that then serpents are most poisonous. Wherever corruption reigns nature begins to put forth a vigorous vegetation, and to scatter flowers to conceal or neutralize it, and to create vast numbers of noxious insects and animals, probably by absorbing the miasmi to restore the air to purity." Acting on this principle, a clergyman, living in a marshy district, where chills and fever was rife, and the people unable to purchase Peruvian bark, gave the bark of willows, which he

noticed growing in great numbers around, with the idea, that wherever Providence had allowed disease he always provided a remedy. The success was so great, that willow bark has been adopted into the list of medicines, and chemists extract from it *salicine*, a salt similar in properties to *quinine*. Regarded in this light, Hahnemann's views and practice well deserve attention.

UNCERTAINTY OF MEDICAL OPINIONS.—A celebrated medical journal of London, remarking over the difference of opinion at the present day, says: "There are as many schools in medicine as in theology. *Fever* is nothing but debility, teaches one school; *fever* is nothing but inflammation, inculcates another; *fever* is a morbid state of the brain, says one theorist; *fever* is a morbid state of the intestines, says another: one is giving wine, while another is drawing blood; and some, disgusted with such empiricism, or deterred by such opposition, leave nature to herself, believing with Lully, that those who are left to God's providence and cold water, have the best chance of recovery."

ANATOMICAL SCHOOLS.—A class of physicians has sprung up of late years, who closely watch all the symptoms of disease shown by the patient and note them down. After death, the body is opened and carefully examined, and the part most affected, considered as the cause of all the trouble; and when similar cases present themselves, the treatment is directed almost entirely to that portion, to the exclusion of the rest. This mode does away with all notions of a life power and its sympathetic phenomena. Some of these anatomists having found a few oval disks in the small intestine called Peyer's Glands diseased in typhoid fever, attributed to them all the symptoms presented in that affection, and ridiculous to relate, instead of attending to the real state of their patients, directed every effort to cure this supposed trouble. Thus the celebrated French physician, Louis, says—"We must infer that it is in this last lesion (the glands of Peyer), and not in any other, that we must look for the cause of the delirium, and more especially of the somnolency in typhoid fever, as all the facts seem to prove that it cannot be explained by any appreciable aberration of the brain." In another place, he says, "Anatomy is the strongest support of pathology."

CAUSE OF CHOLERA.—These same diseased glands of Peyer, by another French physician, OROMEL, have been pronounced as the cause and seat of cholera; and finally of scarlet fever, and even ulcerations of the face; and for the same reason, they were found inflamed, etc., after death.

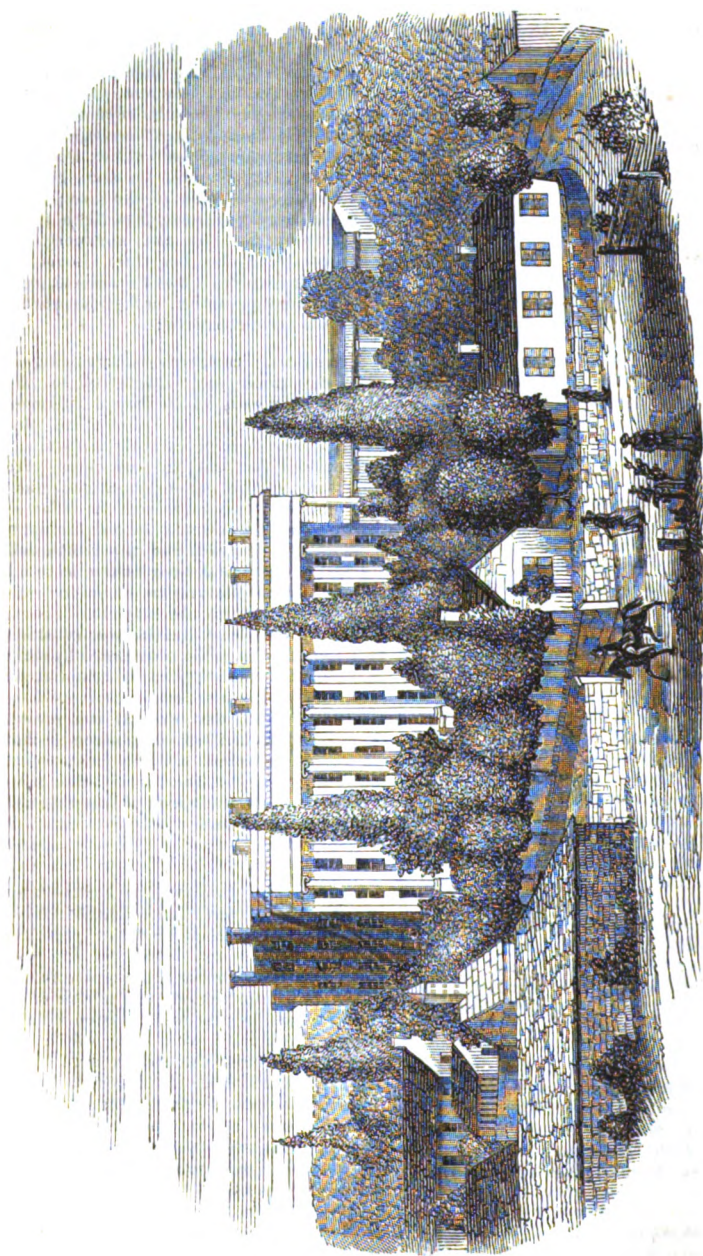
THE NEW PLAN ALWAYS THE TRUE ONE.—Of course, as is common with medical men, the promulgators of this new method decry all their predecessors. "The pretended experience of authors," says Louis, "is worth nothing; and after all their assertions and denials, we are no better

off than before." "Let those, hereafter, who engage in the study of therapeutics, pursue an entirely opposite course from their predecessors." "Happily for the future well-being of science, the numerical plan [his own] is considered as the sole means of arriving in medicine at rigorous and accurate results," etc., etc. Do not the words of Paracelsus deserve to be repented in this connection: "Get behind me, Avicenna, Galen, Rhases, Mesue, Montagnana! behind me, Doctors of Paris, Montpellier, Suabia, Cologne, Messina and Vienna. You Islands of the Sea; thou Italy, thou Athens, thou Greek, thou Arab, thou Israelite,—BEHIND ME, FOR THE MONARCHY IS MINE." Yet despite all his boastings, Louis has been taken at his word, as was Paracelsus, and his influence on both practical and philosophical medicine been very extensive!

NUMERICAL TREATMENT.—Distrusting all previous experience, and determined to go by the light of their own, which they were forced to acquire for themselves, the anatomical physicians hit on a new plan of arriving at results. Thus, they would sort out say 100 cases, presenting something of the same symptoms, and divide them into four classes, subject to different treatment. One class would be fed highly, another bled, a third purged, and the fourth let alone. As fast as they died, their bodies were minutely examined, and the results recorded: of course they did not want for subjects. The method that gave the least deaths was considered the best, until it was again overturned by subsequent dissections, and another mode adopted, which in turn, for the same reason, shared the fate of its predecessors; so that even at the present day, there is no union of sentiment amongst them. To an American mind, all this may seem cold-blooded murder, but the French think differently, and are willing to advance *philosophy* at the hazard of any sacrifice.

TO BRING THE DROWNED TO LIFE.—*Intended to be put in every man's hat.*—Immediately as the body is removed from the water, press the chest suddenly and forcibly downward and backward, and instantly discontinue the pressure. Repeat this violent interruption until a pair of common bellows can be procured. When obtained, introduce the muzzle well upon the base of the tongue. Surround the mouth with a towel or handkerchief, and close it. Direct a bystander to press firmly upon the projecting part of the neck, (called Adam's apple,) and use the bellows actively. Then press upon the chest to expel the air from the lungs, to imitate natural breathing. Continue this at least an hour, unless signs of natural breathing come on.

Wrap the body in blankets, place it near a fire, and do everything to preserve the natural warmth as well as to impart artificial heat if possible. Everything, however, is secondary to inflating the lungs. Avoid all frictions until respiration shall be in some degree restored.



MAMMOTH WATER-CURE, HARRODSBURG, KENTUCKY.

C. GRAHAM, M. D., PROPRIETOR,

E. B. THOMAS, M. D., PHYSICIAN.

MAMMOTH WATER-CURE OF THE WEST.

This establishment is situated on a commanding eminence adjoining the village of HARRISBURG, Ky., being thirty miles from FRANKFORT, twenty-eight from LEXINGTON, and eight from the Kentucky river, near the Geographical centre, and in the finest section of the State.

DOCT. GRAHAM, the accomplished and enterprising proprietor, avoids no trouble or expenditures that will add to the comfort or conduce to the improvement of health-seeking invalids, having already expended the sum of \$300,000 for various improvements. The main ESTABLISHMENT is one of the most elegant and spacious buildings in the West. This, together with the surrounding cottages, (which are all admirably adapted to the comfort and convenience of the occupants,) will accommodate 500 patients. While seeking to render the dwelling as desirable as possible, other and equally important considerations have had due influence in the mind of the proprietor. "The grounds are elevated and extensive, adorned with every variety of shrubbery grown in America, interspersed with some of the most beautiful and rare exotics from Europe and Asia, and traversed by wide gravelled walks intersecting and crossing each other in every direction. A small and beautiful lake is situated within the pleasure grounds whose glassy surface is enlivened by the presence of many tame and wild waterfowls."—*Collins' History and Antiquities of Kentucky*, 1847.

There are also two Bowling Saloons, and an elegant Saloon for the accommodation of patients who may wish for other kinds of physical exercise. These, together with the varied walks, equally protected from summer's sun and winter's winds, render this one of the most desirable establishments in the country for treatment during all seasons, while the purity of its water is excelled by none.

CHOLERA INFANTUM.

"NOW AND THEN," OR THE NEW AND OLD SYSTEMS.

In September, 1830, I had a child seized with a disease pronounced by the doctors to be Cholera Infantum. The disease baffled the skill of the physicians, and the child died after a scene of suffering that time can never erase from my memory.

Again, in June, 1836, I had another child attacked with the same disease, and though attended by two skillful physicians, the termination was for weeks in doubt; but the child ultimately recovered. It has now almost grown to years of manhood, with a constitution much enfeebled by that disease, or by the remedies made use of for its removal.

About eleven o'clock on Thursday night of August 22d, 1850, my attention was called to one of my children, who was reported to be very alarmingly sick. Upon examination, I found, by the haggard countenance, the cold feet and hands,

the incessant call for water, the continued vomiting, the feeble, fluttering pulse, were all unmistakable evidences that Providence had seen fit to visit my family again with another of the so much to be dreaded attacks of Cholera Infantum. In addition to the other symptoms, were spasmodic pains just above the pit of the stomach, which caused the child to writhe and scream in agony. Of three physicians residing in the vicinity, all were absent from the town. The case was one I felt assured would not allow of delay. I had the WATER-CURE MANUAL, and felt constrained to trust the treatment of the case to its instruction. From a pitcher of water direct from the well, I allowed the child to drink as often as it wished, but in small quantities at a time. It drank, of course, every minute, and vomited as often as it drank. I next directed that a flannel cloth be doubled three-fold and wet with warm water and wrung out in a towel and be applied to the stomach and changed every ten minutes. The second application removed the spasmodic pains. For the stools, which were frequent, watery, and of a very offensive odor, I directed frequent cool injections. The child soon began to show symptoms of improvement; the vomitings became less frequent, and at three o'clock, A. M., ceased altogether; and from that time the child slept till morning. In the morning the disease had assumed the appearance of regular fever. The fluttering pulse had given place to one distinct, but quick and wiry; the haggard countenance, to one very much flushed; the cold feet and hands, to those unnaturally warm. In this state, I directed the packing wet sheet, which was applied for half an hour; after which, the pulse became regular as in health, the heat and flush had ceased, and there was a regular pass of the bowels. At two o'clock, P. M., the fever again threatening, the packing sheet was resorted to for half an hour, after which nothing was done but dieting and water drinking. In less than two days, the child was about the neighborhood, and is now apparently in even better health than before the attack. I send you this communication, that if you think it worthy, you may give it a place in your journal. If I am not deceived, it is a case from which not only the public at large but even the medical fraternity may profit.

In my opinion, if the physicians of our country, in cases of Cholera Infantum, would lay aside Dewees, and adopt the treatment taught by the peasant of Silesia, they would save many a parent an aching heart, and many an innocent child the most excruciating of sufferings, and the most terrible of deaths. O.

Hilldale, September, 1850.

Here we have another case of the successful "Home Treatment." Is not this encouraging?

We repeat, the WATER-CURE may be safely applied to ALL CASES, and in ALL DISEASES. Inform yourselves on the subject and "TRY IT."

"Wash and be healed."

AGUE AND FEVER TREATED BY WATER.

"CASES OF CURE AT HOME."

We are always glad to record these HOME CURES. They show how the thing may be done, (by those who understand it), even without the aid of a doctor. Should not every individual become acquainted with the various processes of the "People's Remedy?" Read the following "Home Practice in the Water-Cure."

Last October our little daughter, aged two years, was taken with the ague and fever; had two paroxysms in a day. I had seen but little of the ague, and did not know how to treat it. As quinine was the only medicine I heard recommended, I reluctantly consented to give her a prescription. This broke the ague for the time, but she was not well. A diarrhœa followed for three weeks, when she had a second attack, the ague coming on every other morning at seven o'clock. I gave her no more quinine, but kept her warmly clothed, and from the damp air, washing her with vinegar and water after the fever left. The chills grew lighter, and left her in four weeks. Her health was good through the winter; no symptoms of the ague until spring, when, taking a severe cold, she was chilly in the morning, and feverish in the afternoon. Fearing the dumb ague, we commenced active treatment by giving her a quick cold rubbing bath, and covering her warm in bed. This produced perspiration. I then washed her in cold water, and rubbed her until she was dry and warm, following it with a tepid bath at night. A few days treatment sufficed to drive off all symptoms. Her usual baths were continued until the last of May, when I had an attack of fever, and was quite sick for a week. Her case was neglected, and she took a severe cold; the effect was a return of ague. On the morning of the 31st she complained of being tired and cold, and at nine o'clock wanted to lie down. I put her in bed, where she soon fell asleep, and slept soundly until twelve o'clock, when she awoke, and vomited several times. Fever came on at one P. M.; then gave her a cool bath. At two fever continued to rise, with delirium: she took no notice of anything. At three she did not appear to know any of the family, and could not or did not speak for two hours, her eyes continually rolling, as if she was going into a fit. I had never known so severe a case of ague, and supposed it must be scarlet fever. Mr. J., who was absent, came in at four o'clock, looked at her, and assured me that it was not. I kept cold applications on the head, and at five she roused a little and spoke. The fever left her about six; I then washed her in cold water; she was very weak. June 1st, after bathing her I took her in the air; she was feeble through the day; bathed her three times. On the 2d gave quick cold rubbing bath at eight A. M., wiped dry and warm. At ten she was cold and shook a little; wrapped her in flannel as warm as possible. Fever came on at one P. M.; packed her in a wet sheet, which was soon smoking; repacked in dripping sheet; at half past two fever seemed abat-

ing; washed and kept her cool; cold applications were kept on the head; at seven she walked round the room a little. June 3d she was better, and played some; bathed her three times. On the 4th gave her a cold bath at eight A. M.; no ague. At two she was feverish; packed her in dripping sheet twenty minutes; washed and took her in the air; continued bathing, but no more ague. A diarrhœa followed a few days, which was cured by a cold girdle and tepid sitz bath. She is well now, and I do not think she will ever forget how to cure the ague; for if she hears it mentioned she says that she jumped into the tub to get away from the ague, and was wrapped in a wet sheet to drive off the fever. Diet in the above case, plain Graham bread. Respectfully yours,
M. A. A., Jr.

ERYSIPELAS CURED, OF FORTY YEARS' STANDING.

Aurora, Erie Co., N. Y., Aug. 20, 1850.

ALTHOUGH a stranger to the publishers of the Journal, yet I feel a freedom in addressing you, since you are engaged in promoting the health and consequent happiness of our race. In the last seven numbers of your interesting Journal I have been pleased with the narration of several cases of speedy cure, by the application of water and reform in diet. I beg leave briefly to state a case of my own.

For the term of *forty years* I was severely afflicted with *Erysipelas*. At times it affected my head, at other times my limbs. The best physicians prescribed many remedies, all which I faithfully tried, but without any relief. For more than ten years past I have carefully avoided the use of all stimulating drinks; still the complaint grew worse. Instead of acting as a mere humor, it broke out in the form of ulcer sores, eating deep, and becoming at times painful, besides being very irritable. With fifty or sixty of these troublesome ulcers, I came to the conclusion (*two years ago last June*) to abstain from the use of flesh. I tried this abstinence for three months before I perceived any visible change in my complaint. I then found my sores *smaller*, and less irritable. Being thus encouraged, I persevered in a vegetable and milk diet, with frequent bathing in cold water for a year. At the close of the year I had scarcely a vestige of the complaint left. I then discontinued the use of *butter* and all oily substances. My living is plain milk toast and vegetables of different kinds, using neither tea nor coffee. I have not been in the least troubled with that ugly complaint, nor indeed with any other, for nearly a year past. The food that I now eat I relish equally as well as I did in my childhood, (which I had not done for forty years before,) and I sleep as sweetly as a child. I can labor in the sun all day and feel no inconvenience more than I did when I was but fifteen years of age. If you think these facts would be of any service to others, you are at liberty to insert them in your useful Journal. Yours, very respectfully,
D. PICKERING.

CASES FOR THE W. O. J.

BY DR. W. P. COLLINS, OF NORTH PROV. W. C. L.

I HAVE noticed a disposition of Hydropathic practitioners to give not only general treatment, but the treatment of particular cases. This, in my opinion, is as it should be. The readers of the Water-Cure Journal take that periodical for the purpose of becoming their own physicians. Consequently, if they can have facts, such as they can use under similar circumstances, it will be the one thing needful.

I have several cases which I will hand in for publication if you think best, and if not, hand them over to the Allopath to be bled, blistered, and physicked, &c., and then to the sexton, to be buried according to their usual custom. The first, and one which I think will be needed as much as any at this season of the year, is a case of Acute Inflammatory Rheumatism.

Mr. F., of —, took a severe cold on the 7th inst. It settled in his left elbow and wrist, and his right ankle. He tried hot drops, &c., to burn it out. It continued to grow worse. The night of the 14th he slept but little. The night of the 15th, none. Just at night on the 16th, he sent for me. I found him writhing with pain, with some sort of leaves bound upon the inflamed parts. He was of a family subject to the rheumatism, having had a brother hauled up into the dry dock for repairs for three successive winters.

Finding him with some general fever, I gave him a pack and a cold bath after it; after which we kept a constant stream of cold water running upon the inflamed parts, till we killed (not the man) but the pain. After this, the cooling compresses were used. Slept considerably the latter part of the night.

17th. The inflammation nearly subsided. Treatment the same. Slept soundly all night.

18th. Said he was comfortably sick. Treatment still the same.

19th. Felt well. Took nothing but a bath. Thus ended a disease which Dr. Macintosh says formerly took twelve months to cure.

HOME-TREATMENT IN CROUP.

BY MEDICUS.

MANY persons are, doubtless, favorably disposed to the "Water-Cure," who yet do not adopt it in their families, for this very plain reason,—there is no one in their neighborhood, within call, who can skilfully apply it; and rather than risk anything, they continue to patronize the regular faculty. Such was the case with the writer of the present article. He had never seen any hydropathic treatment but his own, and that was, fortunately, very limited. In his immediate circle of friends very few get sick, and those who do have a way of not trusting themselves to his practice.

My only daughter, a child of eight months, was, on Saturday, Sept. 14th, 1850, violently attacked with croup; not the noisy and, comparatively, harmless kind, but the more quiet and far more dangerous variety. I had never before seen

a case of it. My wife had seen two or three, all of which terminated fatally, under the old mode of treatment. Before we were certain of the disease, (at first rather thinking it a cold, somewhat strange and violent, but still a cold,) the symptoms had become alarming; so much so that a gentleman who called on business remarked it. Business was concluded, and the gentleman left. The symptoms were rapidly changing for the worse.

After a brief consultation, my wife and I, with some misgivings it is true, determined to try the Water-Cure. We collected all our works on the subject, not very numerous, and formed the general plan. I brought a large tub, and nearly filled it with pump-water. This, with a few cloths and a bottle of hot water, comprised our entire medicine-chest. Our whole science was this—*bring the child's body to a natural temperature.*

The first thing was to put the patient into the tub, and give as thorough a bath as we thus could, with considerable rubbing of the entire body, but particularly the breast. This was repeated whenever we thought our rule of temperature required it, no two being generally nearer together than forty-five minutes. Once in every two or three hours the pack (neither of us had ever before seen one) took the place of the bath. Cold cloths were applied to the head and breast, and the bottle of warm water to the feet, whenever it seemed necessary. We express all when we say, that this treatment was kept up through Saturday night, Sunday and Sunday night, before we felt any assured hope. The blessing of God, however, crowned our efforts with success, and on Monday our child began to get well.

These are the facts. Had they not occupied so much space I would make a few comments. But enough for this article.

MANSLAUGHTER—VENTILATION.

THERE is no term that more fitly characterizes the results of the numerous accidents daily taking place from explosions of engines, locomotives, &c., than manslaughter, and yet we question if there are not results happening to the traveling community full as fatal, from bad ventilation of cars and a variety of other equally silent influences. We fully concur in the view that there is no crime so prevalent, yet so generally unpunished and even uncensured, as the reckless trifling with human life. No one seems to reflect on the enormity of destroying a hundred human lives by sudden explosion, or sapping and wasting twice as many by slow but sure decay, for the sake of adding some paltry dollars to an unearned hoard already accumulated. In every street, on every thoroughfare, man-traps of one sort or another are set by greedy avarice and reckless ignorance which no care nor prudence can wholly avoid. Steam, powder, perpendicular banks of earth, insecure buildings, &c., are among the agencies at work; but the most universal and deadly of all is *foul air*, caused by

the absence or insufficiency of arrangements for ventilation.

In this age and land of liberty, we suppose a man who *will* poison or stifle himself and family in their own private dwelling must be permitted to do as he thinks fit; but whoever constructs a public edifice, hall, apartment, or conveyance, without providing for its ample ventilation, is a homicide, and ought at once to be put on his trial for manslaughter. Ignorance is no excuse for him—he has no right to undertake such works without knowing what their influence on life and health must be. If he knows not that a close apartment, filled with human beings, is poisonous, is pestilential, he ought to be punished for his audacity in undertaking to construct one.

Being on the train that left Baltimore on Sunday night last for Philadelphia, says the New-York Tribune, we had a striking illustration of the extent of the popular ignorance on this vitally important subject of ventilation, and of the criminal advantage taken of that ignorance by builders and transporters. There were four or five cars full of passengers, each, apparently, without the least provision for ventilation, shut up as tight as a drum, and its whole atmosphere breathed over at furthest ten minutes; after which it was deadly poison: yet in that larger coffin, forty or fifty human beings drowsed and stewed for four or five hours, mitigated only by the occasional and unwelcomed opening of a door. Nay, in one case where a passenger endeavored to open a window, he was informed by the conductor that the windows had been fastened down on purpose to prevent any such opening of them by passengers, and when the conscious sufferer from a depraved atmosphere succeeded in opening another window, barely a hand's breadth, so as to enable him to breathe by holding his mouth to the orifice, the conductor, being incited by another passenger, who had an aversion to fresh air, dictated and enforced a closing of the window, in defiance of all remonstrances. "I'm not too warm," was the ruling idea of the jackanapes who could not imagine that any one should desire fresh air except to cool off in.

Now it is very plain that opening windows is not the best way to ventilate cars or buildings. It is often inconvenient, unpleasant, and to many annoying, to have a current of air pouring in through an open window. True, we consider this a trifle when compared with sitting in a closely stowed, unventilated apartment, but nine people out of ten know no difference between the breath of heaven and the whisky-fied excretions of diseased lungs, and fear the former more than they loathe the latter. The provision for ventilating should therefore be ample, unfailing, and beyond the reach of accident or stupidity. No hall, no car, devoid of such ventilation, is fit to be sat in by human beings, and whoever puts one or keeps one in public use, ought at once to be indicted and tried for manslaughter.—*Railway Times*.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with Notes and Additions, by NICHOLAS T. SOBSBY, M.D.

(Continued from the October No.)

THE great prevalence of consumption in the United States is due in part to the general and excessive use of tobacco. I was attacked in the night with nausea, prostration, and diarrhoea from sleeping in a room in a hotel at Antwerp, the bed, carpet, window-curtains, &c., of which had been recently saturated with tobacco smoke. I experienced the same, but more violent symptoms, from riding in a diligence from Brussels to Waterloo, and on reaching the top of the *mountain* overlooking the *battle-ground*, had a severe vomiting spell at the feet of the old Belgian Lion, who looked down upon me and grinned with pity, or contempt. I was confined several hours from this attack.

Tobacco smoke will produce the same effect on me at any time now, if I inhale it long enough. Though I smoked once for seven years, yet I cannot bear tobacco in any form now. Thanks to a kind Providence, I freed myself so early from the yoke of bondage—the "tyrannic and abject servitude of tobacco," or else, perhaps, I might have been ere this *where* it has sent many a victim. I have no more desire for this noxious plant now than I have for Jamestown weed (stramonium,) or skunk-cabbage.

It is needless to multiply cases to prove the injurious effects of this plant on the human constitution, when they are so familiar to every one. Look into your own systems and see the disorders raging there! But people will not believe or own that their complaints arise from the use of it until it is often too late.

To this argument we may reply that, drunkards make use of it to support their side of the question. They say they experience the same necessity to *feel* (the effects of liquor,) and drink for the feeling and excitement. Many of them *feel* very unhappy and stupid after being drunk awhile!

To smoke a large white *German meerchaum* pipe without cleaning it, until it is dyed of a yellow color by the empyreumatic-oil of tobacco. The work of a year, the filthiest smoking, and the lowest ambition.

Ladies, do you think your beautiful noses were made to love to smell the odor of tobacco? No, never! If so, they were not made to be soiled and diseased by it. Sweet odors never injure the nose.

But if she should *dip* also, oh! have pity on her!

Some nameless bard has said, with more truth than poetry, that

"Tobacco is an Indian weed,
An evil spirit sowed the seed,
It wastes our money, spoils our clothes,
And makes a dust-hole of the nose."

"The very form of the nose is a powerful argument against the use of snuff; had that organ been intended to receive the dirty additions crammed unnecessarily into it, it would have had a different form, to prevent the trouble of snuffing, thrusting, and cramming; on the contrary, the openings of the nose are downward, for the purpose of getting rid of materials noxious to the system, and *not* to take fresh ones in."

One might be excused for believing that, from the quantity of snuff that some people take, their noses contained more *scents* than their heads, and their craniums more *snuff* than brains.

I suppose the canons of the Catholic Church interdict chewing and smoking tobacco to their clergy (except in Holland, I suppose, as I have seen priests smoke there in a railroad car, in public,) because of the uncleanness of these habits, and the annoyance they occasioned to their brethren, confessors, &c., yet excuse snuffing on what grounds I know not. Hence, the reason snuffing is so common among the Catholic clergy.

I traveled with an old Catholic bishop (French) once, who had used snuff until the sensibility of the mucous membrane of his nose was so annulled by it, as to require the addition of powdered pepper, glass, or other nostrums to his snuff, to make it produce the desired happy effect upon his nose. A small polite *pinch* of it came near blowing my nose off, and made me sneeze and my nose run a stream for a day or two. It would have made a rhinosceros sneeze. He carried the dirtiest nose and the stinkiest cotton handkerchief that I ever met with in a snuffer. It nauseates me to think of him, that checked handkerchief, and that poisonous vile snuff. Such men ought to be *excommunicated* from society.

Though Napoleon did not smoke, yet he snuffed incessantly, and died of *cancer* of the *stomach*, perhaps partly occasioned by it. During the battle of Waterloo, he carried his snuff usually loose in his waistcoat pocket; he is supposed to have used three or four ounces. He consumed it more freely always on all occasions of great excitement, historians tell us.

I have seen many cases of the blues, melancholy, and dyspepsia brought on by tobacco. I experienced them all with all their attendant horrors. But never since I bade tobacco adieu.

How often do we see men lay aside the pipe, the cigar, the cigarette and the *quid* to resume again, and drink and eat without even washing their mouths! How few ever clean their teeth! Do you call that cleanly or healthy!

And very suffocating, unwholesome (rotten) smoky-air it is! Makes dogs sick, and drives the flies and mosquitoes away.

What ugly lips the pipe-stem makes if it does not produce a cancer; thick hanging lips, always ready to pour out quantities of ambler, or catch flies, say the boys, if they dare venture between them.

The *one* does not know smoking is the cause of the accumulation of the phlegm he complains of; *another*, I suppose, thinks by keeping the nose and eyes purged with smoke, he keeps the

brain from clogging up, and obstructing vision and hearing; he is rather thick or water-headed perhaps; and for the same reason, the *third* escapes apoplexy—how fortunate; whilst the *fourth*, wiser than the rest, reasons from the law of nature that only one disease can fairly exist in the animal economy at the same time, and as he keeps his system laboring under the effects of the constant saturation of tobacco, and its attendant diseases, a *respectable epidemic* passes him by.

Very logical. There is no end to the excuses for practising bad habits.

The toper drinks before breakfast to clear his throat of cobwebs, again before dinner to revive his burnt-up appetite; again before tea to assist him to digest it; again an eye closer at bed-time to keep off the horrors of the night-mare, or *delirium tremens*; in winter, to keep him warm; in summer, to keep him cool; and gets drunk and makes a beast of himself for mere politeness—to please whom! to give him courage to go home and abuse his wife and children!

It is astonishing how early boys and young bucks, who wish to be men, learn to use this noxious and acrid weed. Does it originate from infection, imitation, or the desire to be the *ton* to be the leaders of the fashion, and to show off! Away with such *ton*, boys; you know not what you are doing—the nature of the disease you are sowing the seed of and cultivating!

A kind word, a gentle admonition, a frown, a scolding, a threat, or a castigation from a parent or relative would often save the health, the happiness, and the life of many a youth, by preventing him from contracting the unfortunate habit of using tobacco—the first step to the fiery gulph that consumes so many. The inexperienced, impulsive youth cannot be expected to know the danger of such habits, and the evil of their ways; it is the duty of parents, friends, and relatives to point them out to them, to guard them against them by impressing it upon their minds by forcible examples, and by every means in their power. Why do you not exercise your authority and duty in this respect! If you fail to do so you are to blame, and cannot expect unguarded youth to escape bad examples, and fail to contract injurious habits.

No, the father will ever set the example to his son, and cry, "*smoke or chew on, my son!*" "Who can see groups of boys of six or eight years old in our streets smoking cigars, without anticipating such a depreciation of our posterity in health and character as can scarcely be contemplated, even at this distance, without pain and horror!"

OF CHEWING TOBACCO.

At page 77, we said tobacco was classed among the *acrid masticatories*, and described its action on the mouth. Of all the *masticatories*, it is one of the most *acrid*, and certainly the one most employed and abused.

"Stinking 't of the stinking kind,
Fifth of the mouth, and fog of the mind;
Africa, that brags her foyson,
Breeds no such prodigious poison;

Henbane, nightshade, both together,
Hemlock, aconite."—CHARLES LAMB.

Every one in America who has sense enough, and is not blind, knows what chewing tobacco is, being a *national habit*; if they do not, I'll tell them it consist in plugging the mouth with

"Shag, long-cut, short-cut, pig-tail, quid or roll,
Dark negro-head or Orinoka pale,
In every form congenial to the soul;"—

And then squirting the juice, the noxious reddish-yellow ambler everywhere in or out of the house, it is all the same to the inveterate chewer, with his consummation of filthiness.

I knew a man who swallowed all the tobacco with the ambler, that he chewed, and thought it the *height of politeness*, and very *cleanly*. I dare say the earth has swallowed him ere this, and perhaps a tobacco stalk marks the spot where he lies.

Tobacco is not chewed much in Europe, as compared to this country. Perhaps it may be that Europeans are more cleanly and decent in this respect than Americans, and chew in private, where they are not likely to annoy their neighbors. They are perfectly horror-struck and disgusted, when they reach our shores, and first behold the extent to which the "delectable weed" is chewed, and the annoyance and vexation that proceeds from it. A spittoon—a thing unknown in Europe, is the first object that the emigrant stumbles over, on entering our hotels, and "*gentlemen are forbid to smoke in this room*," the next thing he sees. He soon learns the spittoon is a public character, as he sees no notice *not to chew* here; and where there is no spittoon, he finds a puddle of ambler, in the corner, in the middle of the floor, on the carpet, or perhaps, frying and cracking in the fire, as if every one were trying to put it out. The foreigner is for a while frightened out of his wits, for fear some of the republican fluid may fly in his face, in his eyes, on his nice bosom or hat, or clothes, or boots. He stands it awhile, and if he smokes, and is of a revengeful spirit, he puts in a plug and chews, and spits in self-defence. He is *au fait*—in town now, armed with a pocket full of *pig tail* or *honey dew*, and can stand his hand against any of the tobacco engines.

We have been much ridiculed about this national habit, but I fear to little benefit. Men will chew as long as teeth and tobacco can be found, and drink as long as liquor is distilled.

I shall not stop to enumerate here the diseases to which the chewer of the quid is subject. I ask them to read the history of the diseases of smokers in the preceding pages, and apply them to themselves. As chewing is the most injurious form of using tobacco, it is accompanied with the most serious and numerous diseases. The waste of saliva is greater than in smoking, and the derangements of the digestive organs proportionably severe. All confirmed chewers are more or less subject to long-standing diseases of the stomach and liver. I might cite here many cases to prove this fact from the writings of

others, and from my own observation and experience, but I refrain, and deem it unnecessary to say more than that self-respect,—respect for our relations and friends, and for strangers, should induce tobacco chewers to practise more decency in the consumption of the weed, and not spit here, there, and everywhere, irrespective of persons and places.

It is not agreeable to gentlemen-chewers to be impolite in any other respect, except in the use of tobacco; and they *do* carry their impoliteness to extremes sometimes, and then expect people to bear it in silence. They are generally treated with silent contempt, and allowed to indulge their barbarous habits to their hearts' content. They only injure themselves, and sometimes the property of others; but, as they injure themselves more than the property of others, the owners of the latter, in the depths of their sympathy for the unfortunate authors of the injury, are generally polite enough to pass it over unnoticed. However, as we have many laws to correct nuisances, and as the use of tobacco is one of the greatest nuisances that stalks abroad, there should be laws enacted, regulating it, and not allow men to make barbarians and beasts of themselves, to the great annoyance of decent people.

You often hear smokers and chewers remark how disgusting and filthy snuffing is; and the knight of the snuff-box has an equal horror of the habit of smoking or chewing, and considers his habit as the gentleman's delight.

What *nonsensical contradictions* tobacco consumers are. They all admit if put to the test, that it is a beastly, unhealthy, and filthy habit, and excuse themselves on the grounds that they used it to preserve their teeth, or to keep them from becoming too fleshy, or perhaps to kill time, and keep the blue devils away.

I hope these pages may convince all such persons that they labor under a great error, and that the weed will produce the very ills they wish to escape.

*Gentlemen, votaries of the weed, think—
"If then tobaccoing be good, how is't
That lowdest, loosest, basest, foolishest,
The most unthrifty, most intemperate,
Most vicious, most debauched, most desperate,
Pursue it most: the wickst and the worst
Abhor it, shun it, flee it as the pest!"*

(To be continued.)

A PRECIOUS BOARD OF HEALTH.—The Cincinnati Board of Health have been visiting at the Falls and on the Canada shore for a few days. While at Toronto, they got on a spree at a public house, and some of their number were arrested by the landlord on a charge of stealing silver spoons. Upon investigation, it appeared that the spoons had been placed in the pockets of one of the party by another "for fun." The affair was amicably adjusted.

NEW-YORK, NOV., 1850.

PROGRESSION AND IMPROVEMENT being the watchword of the present age, we cannot think of remaining "behind the age," in anything. Therefore, we propose to give the *WATER CURE JOURNAL* FOR 1851, "A brand new suit," from head to foot, as a New Year's present. We shall enlarge our type, and make such improvements as will please all our readers. We do not intend to be surpassed in furnishing the most readable periodical published, at least so far as its mechanical appearances are concerned. The matter will "speak for itself."

WITH THE NEXT NUMBER closes the TENTH VOLUME of the *WATER CURE JOURNAL*. A new PROSPECTUS will be issued, and our present readers invited to re-subscribe. Many have not only expressed their desire to do so, but have also promised to form Clubs in the neighborhoods where they reside, and thus introduce the *JOURNAL* to those who have never yet enjoyed the reading of its pages. By this means it is expected that our already large list will be increased MANY THOUSANDS. The unparalleled success of this *Journal*, during the present year, will warrant the PUBLISHERS in adding to its value, in every possible manner. THE MERITS of the *JOURNAL*, must be judged of by our readers, upon whose verdict, its future existence and continuance depends. The PUBLISHERS will supply the *Journals*, our FRIENDS and co-WORKERS the subscribers. What say you, patrons? Will you continue in the good cause, and aid us in advancing the principles of LIFE AND HEALTH throughout the land? If so, be ready, and introduce us to all your acquaintances at the commencement of the NEW YEAR.

ALL LETTERS and other COMMUNICATIONS relating to this *Journal*, should, in ALL CASES be directed to the PUBLISHERS, FOWLERS & WELLS, Clinton Hall, New York.

CONSIDERATIONS FOR NOVEMBER.

BY R. T. TRALL, M. D.

THE ESTABLISHMENTS.—We hear from all quarters that the number of invalids who have resorted to the various Water-Cures the present season is a great increase on that of any former year. All the northern institutions, where a more bracing atmosphere and mountain rambles constitute peculiar attractions in the hot season, have been thronged, while the rest, in the middle or southern latitudes, have been well sustained. Here is another encouraging sign of the times. During the present sickly season—the summer months—there has been, wherever a sound, whole-souled and non-drugging hydropath has held himself up to public notice, a vast increase of water-treatment in acute diseases. People are beginning to understand that if hydropathy is the best system for invalids whose diseases are of ten or twenty years' standing, and whose stomachs have been made the receptacle of every poison known to scientific men—if it is the best system to rid them of the combined and accumulated ills of bad habits, bad diseases, and bad drugs—it may also be the best for the more common every-day ailments of life. When this conviction once seizes the majority, as in good

time it certainly will, good bye to your apothecary shops; and farewell to that countless host of drug-diseases, whose lighter or stronger marks and scars are visible in three-quarters of our population; and adieu to nine-tenths of those marred, stunted, deformed, idiotic, and miserable specimens of humanity which now so frequently excite our disgust and call forth our pity wherever we go. When the people of this country, generally, learn that hygienic agencies are the best remedies for all diseases, as well as the only preservatives of health, they will hold

"The deadly virtues of the healing art"

in as utter execration and abhorrence as does the author of the "Science of Human Life," Sylvester Graham, from whose pen the above line is borrowed.

But about the establishments. They are rapidly being deserted as the weather becomes frosty. This is not the best policy, especially for the uncured portion. One winter month is really worth two of the summer to all who are able to take moderate out-door exercise. The poorer class, who can ill afford the expense of summer treatment, when rooms are in greater demand, would save both time and money, to take more winter, and less summer treatment. Another advantage to those who are able and obliged to labor, is the less value of time for business purposes in the winter season, at least to the great majority. Another suggestion. Would it not be good policy, as a matter of both interest and principle, on the part of the proprietors of Water-Cures in the Northern and Eastern States, to reduce the terms of winter treatment so as barely to cover expenses? They would then greatly benefit the public by enabling many to be treated at the establishments who could not otherwise be treated there at all, and enable many country establishments to continue open the year round, without the disadvantage of discharging a set of experienced attendants in the fall, and looking up another set in the spring. We would not be understood as recommending cheap treatment for poor folks, on the principle that our allopathic journals recommended "whale oil, or any common fish oil for the poor," reserving the luxurious cod-liver grease for the wealthy; but we would have the poor receive the same victuals and drink, the same bathing and rubbing, the same attention every way in winter for five dollars, which the rich get in summer for ten.

"MEDICUS" ON SALT.—The man who does up the "raw whiskey" and other medical advices for the *Tribune*, perpetrates a little saline nonsense after the following fashion:—

"SALT: Its Hurtful Effects on the Body and Mind of Man, as taught by the ancient Egyptian Philosophers. By the author of 'Revelations of Egyptian Mysteries,' &c."

"Well worthy of attention. We doubt not that Dr. Howard will make many converts."—*British and Foreign Medico-Chirurgical Review*.

"We direct the very closest attention of our readers to this subject."—*Asiatic and Colonial Quarterly Journal*.

✱ The above precious piece of wisdom appears

in the London newspapers. A fig for the Egyptians' Mysteries! Both the Old and the New Testament bear witness to the importance of salt. In the former, the Israelites were commanded to sprinkle their sacrifices with salt. In the latter, the Saviour expressly declares "Salt is good"—while the most learned physiologists announce that every globule of blood that circulates has an atom of salt for its basis. Hence its indispensability. When people have been long sick, and their blood has become impoverished and deficient in saline particles, who does not know that on the disease ceasing, the food which is most eagerly received is that which contains salt? It was formerly a favorite mode of punishment of the Indian princes to give to criminals unsalted food. The consequence was, they were devoured by worms. Cattle which fat on an insufficient quantity of salt have worms. It is the same with children. The atmosphere is always impregnated with more or less saline vapor, from which we derive, through the lungs and pores of the skin, a part of our supply of salt.

"MEDICUS."

How often are the people misled by the plausible flippancy of those who talk dictatorially about subjects of which they know nothing whatever! What the religious rite of sprinkling salt on an Israelitish sacrifice has to do with the question of the physiological effects of salt on the human system, we cannot conceive. Our Saviour recommended salt as an anti-septic, not a dietetic article, or rather used the anti-septic property of salt to illustrate a moral proposition. St. Paul virtually declared to Timothy that wine was good; but who would infer the dietetic use of wine from that circumstance? Whether every atom of blood has or has not an atom of salt for its basis, is immaterial as far as any salt is concerned beyond that found in the common constituents of our natural food. Sick persons, it is true, who have been accustomed to salt, crave it again when they get better. The same holds true with tobacco, tea, coffee, or alcoholic liquors. The worm bug-bear is all humbug. If it were true, as Medicus alleges, that the atmosphere is always impregnated with saline vapor for our use, it would prove that nature has provided the right way of supplying it, and that we do not need it in any additionally concentrated state. In fact, each one of the whole string of propositions, so authoritatively assumed by Medicus, is a particular blunder.

IS MAN A GRAIN-EATING ANIMAL?—It would seem not, from the inference to be drawn from the following article, copied from an exchange paper:—

"FOOD MUST BE ADAPTED TO THE EATER.—The disciples of Graham bring chemistry to their aid to show that wheat contains more nutriment than beef. This would be found true, fed to grain-eating animals, but not so, fed to carnivorous animals. Wheat would fat a horse, but would hardly raise to maturity a young tiger or lion. The moose will live and thrive on browse, sticks as large as your finger, but languish on the best fine hay; the calf would thrive on such hay, but would starve on sticks."

Now this fact, universally admitted, that man is a grain-eating animal, proves the disciples of Graham to be in the right, as far as the chemical question is involved.

ADULTERATED DRUGS.—It seems to be as difficult to prevent fraud, adulteration, and counterfeiting in medicinal drugs as in intoxicating liquors. The effects of the late drug law, about which so much noise and confusion has prevailed, appear to have made a very bad matter much worse. We commend the following article on this subject from the *Evening Post*, with the special advice to all who will persist in swallowing chemical poisons of uncertain potency, do make their wills before adventuring on the rash experiment. The God of Traffic rules and reigns in this part of this nether world just now, and everything considered indispensable—food, drink, medicine—is perverted with a dishonesty and aviciousness only bounded by human ingenuity.

Our readers may remember an extract which appeared in this paper a day or two since, giving some account of the adulteration of medicines in England—debasement of the oxide of zinc with Dutch lead, nitrate of silver with saltpetre, balsam of copaiba with castor oil, &c., &c. A correspondent complains, with some bitterness, that adulterated drugs are very common in this country, manufactured here, now that the custom-house regulations have checked their importation from abroad.

This result is a natural one. However, nature is alike in all countries, and people are made dishonest by the temptation of gain just as surely here as in Europe. When the bill to establish an inspection of medicines on their importation was passed, we pointed out this natural effect; we showed that the bill, so far as it was meant as a protection to the public, was an idle precaution, or worse than idle, since it would only transfer the manufacture of spurious drugs to this country. Our own people, we showed, would engage in this scandalous business, for our community is not so pure that there are no rogues in it—or if it be, the rogues in Europe, whose business is injured by our revenue laws, will migrate to America, and pursue their infamous vocation here. The state of things complained of by our correspondent shows that we were right. Rumor speaks of some of those who were active in procuring the passage of this law as engaged in the adulteration of medicines. We know nothing of this, but it would not surprise us if the fact were so.

It does not appear, therefore, that we have gained anything by the law which was meant to prevent the importation of adulterated drugs—except that it has caused the appointment of several additional custom house officers, each with a competent salary, and that it has transplanted the manufacture of spurious drugs to the shores of our continent. The Americans are great devourers of medicines; no people have the appetite for drugs to the same degree; no where are such insatiable calomel eaters, swillers of glaubers salts, consumers of quinine, bolsters of boluses and pills; and generally, they no more think of waiting for the prescription of a physician, than a cannibal for the ceremony of saying grace before falling to. These people must have their usual supplies; and the same dirty mixtures, for which they were formerly indebted to foreigners, are now furnished them here.

Now it appears to us, that if the public are to be cheated by drugs debased with ingredients which do not properly belong to them, it is better that the

knaves who carry on the disgraceful commerce should live abroad, than that they should live here. Whether we should pass laws for the encouragement of manufactures which may be honestly carried on, is one question; whether we should make statutes for the special purpose of inviting rogues to come over and settle among us, is another and quite a different one. It seems to us that there can be no controversy in regard to such a policy. We have knaves enough already—counterfeiters enough of all sorts, fraudulent debtors enough, pickpockets enough—without passing laws to increase their number. If it depended on us, we would have the drug law, passed so inconsiderately by Congress, repealed at once, and the makers of spurious medicines among us left on their beams ends.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

UNDER the blessed auspices of Water-Cure, the day will doubtless come, when educated female physicians will assume the care of women in childbirth. I would do anything in my power to hasten the day. I believe that the obstetric art is woman's right and duty; and as soon and as fast as women are educated into competency for the practice of midwifery, I shall be happy to resign into their hands all its honors and emoluments.

But, in the present state of the world, this reform makes slow progress. There is want of competency on the one hand, and want of confidence on the other. There are few women who would not greatly prefer to be attended by one of their own sex in all their weaknesses and troubles, and through the trying hours of gestation and parturition, if they knew of any one in whose knowledge and skill they could put their trust. I have the best reason to know that the most full and perfect confidence is bestowed in such cases, for there is not a patient of Mrs. Nichols who would willingly be attended by any other physician; and were she physically able to attend to all who apply to her, I should probably have very few cases of my own. As this is utterly out of the question, and as those who cannot have her are complainant enough to be willing to take me for a second choice, our mode of treatment being in all respects the same, I have been in a manner compelled to enter upon a branch of practice that most physicians very eagerly covet.

I believe I shall violate no propriety, and offend no delicacy, in giving reports of such cases as seem to me most instructive, and illustrative of the benefits of the Water-Cure, upon which I have elsewhere more fully expressed my opinion.

CASE XVII.—CHILDBIRTH.

A delicate and nervous woman, about to be confined of her second child, had consulted Mrs. Nichols, and followed her directions in her preparatory treatment. As her time drew nigh, she evinced a hemorrhagic tendency, which gave me some anxiety; but as often as she was taken with flooding, she checked it by sitz-baths and the use of the vagina syringe.

Apocryph—this vagina syringe is not the miserable affair usually sold by the druggists—an awkward

and unseemly thing, which will not hold more than an ounce of water. The best vagina syringe holds eight ounces, or half a pint, and is made with a curved tube, ending in a bulb, pierced with five or six small holes, so as to throw as many small streams of water in different directions. Such a syringe may be used, three or four times full, three or four times a day, or oftener when needed. I have been obliged to get a suitable article manufactured for me, with two tubes, so that any kind of injection may be given with the same instrument.

A short time before her confinement, circumstances made it necessary for this lady to undergo great exertion, which increased the floodings; and when I was sent for, two or three weeks before the time she had calculated upon, I was not a little apprehensive, and hoped that the loss of her child might be the worst of it. I arrived, by railroad, a little before six o'clock, P. M., and found that the pains, which had commenced in the forenoon, and had come on gradually, were becoming regular and frequent. The flooding, however, had continued. "How many sitz-baths have you taken to-day?" I asked. She had taken four, and each had done her great good. I could not but admire the faith and courage of this woman, who, under the most discouraging circumstances, and far from a physician, had done the very best thing for herself, but which, to most women, would have seemed like plunging into the jaws of death. "What! cold water!" exclaimed a lady, to whom I related this heroic practice. "Yes, madam; very cold well water—several degrees colder than the Croton."

But she had her reward. The uterine contractions went on with great force and regularity, though giving but little pain; the os uteri was well enlarged; and at half-past eight, without the slightest unpleasant symptom, she was delivered of a fine boy. I had a large napkin in readiness, which I wrung out of cold water, and immediately laid it over the lower part of the abdomen, to bring about prompt contractions of the uterus, and so prevent the continuance of flooding, to which there had been so strong a tendency. For the same reason, as soon as I had separated the child from the mother, and commended it to an independent and somewhat noisy existence, I proceeded to deliver the afterbirth—a somewhat delicate operation, which no practitioner should attempt to perform unless he feels perfectly sure of himself, and at home in the operation. In a perfectly natural labor, the placenta is expelled by the same effort that completes the birth of the child; but how seldom do we have a natural labor. The few we see are brought about by the strength of a "second nature," induced by the Water-Cure. The nature we commonly meet with stands in great need of assistance, but not of meddlesome interference. Having effected the delivery of the afterbirth, I next took the vagina syringe, described above, and threw upon the contracting uterus a pint and a half of cold water, cooling and cleansing the parts, and assuring a rapid

contraction, and safety from hemorrhage. This practice will seem heroic to many; but it is inexpressibly soothing, and so far from being accompanied with the least danger, it is a measure of absolute prudence and safety. I proceeded next to pin a bandage, wrung out of cold water, around the abdomen. The lady was then washed all over, her bed clothing and linen changed, and a soft, wet towel being laid upon the external organs, she was ready to go to sleep. The child was born at half-past eight. All that I have described was done—and I walked some distance, and took the cars for home—at nine o'clock.

On going to visit her the next day, I found her sitting up in a sitz-bath—the family all delighted, and mother and child doing so well, that I did not think it necessary to make another visit. Such is the water treatment in childbirth, even under unpromising circumstances, and with unfortunate complications.

CASE XVIII.—CHILDBIRTH.

Suddenly, one afternoon, I was called out to attend upon a case of childbirth, in one of the fashionable streets, near the Fifth Avenue. The gentleman who came for me was so hurried and excited, that it was only upon the way to his house that he explained his errand. His young wife had been taken in labor that morning with her first child. Their family physician, a distinguished homœopathist, had been there; but concluding that the labor would be protracted, he had gone his rounds, intending to call in the evening, which he judged would be in season for the termination of the labor. Finding the labor growing severe, and his wife suffering intensely, the husband had come for me, and without a word of ceremony, I found myself by the side of the patient. Her only assistant was a colored nurse.

This, it will be seen, was no case of Water-Cure labor. The room was hot, and every breath of air was carefully excluded, as if a woman at such a time was in a condition to take cold. Worse than this, the air was saturated with the fumes of camphorated spirits, which the lady had evidently been inhaling from a handkerchief. There was a rush of blood to her head, her eyes rolled madly, and I expected momentarily that she would go into convulsions.

There was not a moment to be lost. I first of all let down the window, and let in a current of fresh air. I then filled a large sponge with cold water, and freely applied it to her head, face, and neck. She eagerly pushed out her tongue to taste it, as the sponge passed over her face. I then gave her a glass of water to drink. I then refilled the sponge, and directed the nurse to wash her whole body. She was beautifully refreshed by these applications, and seemed like a new being. All her wildness disappeared, and she was comparatively calm and collected.

As she suffered much at every effort, I folded a sheet, so as to make a long bandage, and placed it around her, so that by being held firmly, it would

give the best possible support where it was most needed. This, too, she found a great relief. And now the labor steadily advanced, the patient was relieved of half her sufferings, and, even sooner than I expected, delivery was accomplished.

I had been called in under peculiar circumstances, but having taken the responsibility, I was determined to do what I thought best for the patient, as far as I was permitted. I therefore, without any explanations, proceeded exactly as I had done in the preceding case, until I came to the wet bandage. This was protested against. I had no right to insist; and so, having done everything I desired but that, I left the lady feeling very comfortable, and, I believe, very grateful.

It is very desirable, in all cases, that a woman should enjoy the advantage of the preparatory Water-Cure treatment through her pregnancy, or at least for some months previous to her confinement; but even where no preparatory treatment has been taken, the methods pursued in Water-Cure possess great advantages in comfort, and especially in safety, over any other treatment. I have now a case in my mind, in which an allopathic physician bled a delicate lady, two days after her first confinement, to the extent of a pint and a half, from the mere apprehension of a common puerperal fever. The complaint proved to be one for which few physicians, even of his school, would bleed; and the patient has been ever since in a state of nervous exhaustion, while the doctor is trying to cure her with *beefsteaks and porter*! Blunder upon blunder. But it is to such shifts that allopathy, in its blind ignorance, is reduced. Every person who falls into its hands encounters a shuddering peril; and of this people are becoming so well convinced, that they show a healthy degree of caution, and in employing a doctor, stipulate that they are to have no bleeding and no calomel.

I had thought of other cases; but as they have been regular, straightforward Water-Cure cases, attended by no remarkable circumstance, I need not record them. In one only was there matter for particular remark, and this may be given by way of caution.

In all cases, I believe, women feel unusually well for a few days before labor. Nature seems to rally her forces for the coming effort. Water-Cure women who escape most of the suffering of pregnancy, are proportionably "smart" just before labor. They take it upon themselves, at the last moment, to do some outrageous thing—such as walking three or four miles, attending a furniture auction, or doing up a day's washing. This is all very fine, but it is not always very safe. In the case I allude to, the membranes were ruptured before the labor commenced, and protracted its period by several hours. Such an accident is always discouraging and annoying, and should, if possible, be avoided.

I have made the Water-Cure treatment of childbirth, and the diseases of women, the subject of a separate article in this number of the Journal; and

there are many indications that for the future these subjects will claim a large share of my attention. It is not a speciality of my seeking; but if it is forced upon me by circumstances, I shall accept it as an important duty, and in the belief that it is to be the entering wedge for the universal acceptance of Water-Cure in this city, which I look forward to as a very certain, and a not very distant, event.

New York, 87 West 22d street.

A HEALTH PICTURE IN NEW YORK.

BY JOEL SHEW, M. D.

A PHYSICIAN of the city of New York was once called to visit a young lady of an aristocratic up-town family, on which occasion, the mother being present, something like the following conversation occurred:

THE DOCTOR—"Well, Miss,—how are you to-day?"

THE PATIENT—"Not very well, I am sorry to say."

D.—"Do you attend school at present?"

P.—"Yes, I am at Mrs. —'s seminary in — street."

D.—"How long have you been there?"

P.—"Four years, including now and then a vacation of a few weeks."

D.—"What have been your studies?"

P.—"Composition, Rhetoric, Mathematics, Philosophy, Chemistry, Botany, French, Spanish, Music and Drawing."

D.—"Do you like your studies?"

P.—"Yes, some of them very much."

D.—"How do you like the study of English composition?"

P.—"I can hardly say; we have to do everything in French; address our teacher in French when we go to school in the morning; speak French in our exercises; in short it is nothing but French all day."

D.—"On the whole, you say you like your studies?"

P.—"Yes, when I am well, but latterly, I have been so ill and low-spirited I could not enjoy anything. I like study when I am able to perform it,—like it very much. I used to succeed well, but latterly I am discouraged and do not accomplish anything at all."

D.—"Well, now let us know all about your health, and see if we can find out what the matter is, and what it is proper to do. Here you have a fine airy residence, an abundance of the best things to eat and drink, and to wear; good baths, good walks, and everything about you to make you happy and comfortable."

THE MOTHER—"She has never been really well, doctor, in her whole life."

D.—"Does she take her regular baths?"

M.—"No, she won't bathe hardly ever, and as for taking an injection, she would die first."

P.—"No, mother, I do bathe two or three times a week, but then it chills me and makes me tremble so, I don't get over it all day."

D.—"But don't chill yourself, use the water milder; but take your bath every morning, or at least some time during the day. You cannot be as clean as you should be in a dusty city like this, unless you wash the body every day."

M.—"The rest of us take a cold bath every morning, and it does us a great deal of good; we would not do without it on any account."

D.—"How much does your daughter walk every day?"

P.—"Walk! why! mother won't let me walk. I only go to school and come back, that's all."

D.—"You only go to school and back. Let's see how far that is; about a quarter of a mile there, and a quarter of a mile back. Then you walk a half mile each day."

M.—"She sometimes goes up and down stairs dusting off the furniture in the house."

D.—"That is all very good so far as it goes. Does she ever make bread?"

M.—"No, we get the bread at the baker's."

D.—"And rather poor stuff at that. Does she ever wash?"

M.—"Well, no, the servants attend to that. She has too many studies you know, doctor, for that, and then —"

D.—"How is the patient's appetite?"

P.—"Not very good; sometimes I eat a great deal too much, but the most of the time I relish nothing. I am often wanting what I cannot get; and food always distresses me, gives me acid stomach and heart-burn and so on."

M.—"Yes, she likes chalk, charcoal, slate pencils, vinegar, and all such things. She has always an appetite for these."

D.—"This is a morbid, diseased appetite. Do not blame her, she cannot help that; if you or I had just such an appetite, and felt in all respects as she does, we would very likely gratify it to as great an extent. How does the patient sleep?"

M.—"Not very well; the bed is never right; sometimes we put on a feather bed, and then she gets fidgety and says she cannot sleep; then again we put the hair mattress over the feather bed; but this is either hard, rough or uneven—there is always some kink in her head about the bed; it's never right."

D.—"Does she have her window open?"

M.—"No, she's afraid of taking cold."

D.—"What kind of pillow does she sleep on?"

M.—"Feather pillow, of course."

D.—"Of course—a great many people are getting to sleep on hair pillows—and some on harder ones even, such as palm leaf, corn husks, straw, &c.; and some young ladies won't have any pillow at all; it makes them crooked not to lie straight. For my own part, I like to have one pillow, stuffed with hair, moss, corn husks, or straw—something that is clean,

without smell, and cool. One pillow and one only, that is just thick enough, so that when I lie upon the side, as I think persons who can ought, it is just comfortable. There is a great deal of truth in the old maxim "keep the feet warm and the head cool!"

M.—"I had not thought of that, I suppose the head does keep warm enough of itself."

P.—"O yes, you know mother my head is always burning hot, and aches most dreadfully too."

D.—"At what time of day does it ache most?"

P.—"It aches all the time; it's never right."

D.—"How do you feel in the morning when you get up?"

P.—"Very badly; I never sleep well; I feel heavy and weak, and my head aches."

D.—"How do you feel when you walk out in the open air?"

P.—"Well I can hardly say; in fact I don't feel as if I *could* walk. It is as much as I can do to get up and eat breakfast and fix off for school."

D.—"Did you ever go to the country in the summer?"

P.—"O yes, to Massachusetts."

D.—"How did you feel there? Could you walk?"

P.—"O yes, we had walking parties, rides, visitings, and a great many things to take the attention; and I in fact either forget all my ailments, or else had none, I don't know which. I have been to the country a number of times, and whenever I go, all my headache leaves me, my appetite becomes good, and I am soon able to bear as much exercise as any one need."

D.—"Do you have any headache?"

P.—"Strange as it may seem, not the least."

D.—"Do you study your books much in the country?"

P.—"No, very little, we go for relaxation and amusement; we read perhaps a little, but do not undertake hard study."

D.—"How much do you walk or ride in a day?"

P.—"Well, I can't tell; we go sometimes in one direction and sometimes in another. We even walk to neighboring villages; we go some days, I should think, in all ten miles on foot, and I think, indeed, sometimes twice that distance."

D.—"Does this give you fatigue?"

P.—"It does at first, sometimes, but somehow my mind has become so interested with the country, I forget all my aches and pains; you know I have always lived in the city, and the country seems to me a new life; I seem to feel as happy as the birds."

D.—"How do you sleep at night?"

P.—"It's a rude place you know, and it is fashionable in the summer there to sleep on straw beds. But it is no matter; we get so tired as to be very glad to sleep anywhere. We could sleep on the floor, or sitting up in a chair if necessary; when we get so tired sleep we must."

D.—"How long do you stay in the country?"

P.—"Six weeks, and sometimes more."

D.—"What kind of food do you eat?"

P.—"Plain food, such as the country people have. I generally take bread, vegetables, berries and milk. They have hams, pork, all sorts of meat, and things of that kind; but you know father does not wish me to eat meat; nor have I any particular relish for it. I sometimes eat a little fresh butter along with my brown bread; I suppose I would be just as well off without even that; I enjoy the bread, berries, and milk very much."

D.—"Does food agree with you in the country?"

P.—"Generally very well."

D.—"How do you feel after you get back to the city?"

P.—"Very well for a time."

M.—"I guess you would think so, doctor. She acts like a perfect romp; there is no keeping her anywhere."

D.—"It is natural for healthy girls to romp, as you call it. What would a boy be worth, if he were not allowed plenty of exercise? Girls must have their plays and sports, otherwise they will suffer in health. Thus you perceive when your daughter goes to the country, takes plenty of exercise, eats plain food, avoids excess in study, and lives mostly in the open air, she very soon becomes well. Some, perhaps, might tell you that all this is merely the result of a *change*; but, I ask, if it is merely a change that makes her so much better in the country, why does she not grow still better even when she changes back to the city? The truth is, it is not so much a change, as it is the healthful influence of air, exercise, diet, and freedom from excessive study, which work so great a benefit to her health. You perceive, also, it is not medicine your daughter needs. What has your family physician said about this?"

M.—"Well, be sure, Dr. K— used to give a great deal of medicine, but lately he has changed; he says, in such cases, it is not of much use. All he ordered was some iron pills, as he called them; and he did not seem to make much reckoning of these, either."

D.—"I suppose not. He is an intelligent man—a man of great experience; and he knows well that all well-informed physicians have given up the idea of *emmenagogues*, or medicines which have a specific effect to bring on the monthly periods. The pills of iron are supposed to be tonic—that is, they invigorate the system somewhat for the time being; but these, even, soon wear out. You have to take more and more of them, until at last they lose their effect altogether; and, worse than that, they in the end become debilitating. That is the way with all medicines, not excepting even tonics. Physicians are in the habit of thinking that they must order something from the apothecary's, even if it is nothing more than bread pills, colored a little, to make them look like medicine. They think they must do something, or else it would not be fair to charge for their visit."

Medical men, you know, must live by their profession; and people have not been in the habit of thinking they must pay, unless the doctor *does* something. For my part, I think that physician deserves the most pay who does the least—that is, who will teach people to cure themselves, and to keep well without medicine.

“Thus, you perceive, I advise your daughter to take no medicine. If there were any medicine in the wide world which I thought would do her the least permanent good, I would advise it; but I do not believe there is any such in her case. Correct her habits of life throughout, and then, in due time, nature will of herself make all right. I advise, then, a course something like the following:—take your daughter at once from school, no matter if she loses a year from her books. She can practise music somewhat, the best of all her studies, except perhaps reading and writing her mother tongue; but I would not have her practise music too much: a half-hour or an hour, at a time, perseveringly employed, and this two or three times a day, would be sufficient. And if you choose to take up with my plain advice, let her try her hand at the bread-trough and wash-tub. She is getting to be quite along in her teens. Now let her imagine that she were to become the wife of some honest, intelligent countryman—a physician, merchant, or perhaps, best of all, a farmer—no matter what, so that he be a good, honest, industrious, and worthy young man. Suppose, now, that she really loved him, as I am sure she would, although he is not rich, but in moderate circumstances;—now, I say, let her imagine that she is going to be a *housewife*, as well as wife; let her suppose that she is to make his bread, cook his food, clean his house, and do his washing, at least so far as her health would permit, never further;—at least we will suppose that she is to understand all of these matters, and that she will habitually oversee them, and take some part therein—we cannot suppose that a house-servant, however good and faithful, will feel so deep an interest in so important a matter as making the family bread, as the wife would. As the wife loves the husband better than all the world beside, so she is the one who is naturally expected to take a deeper interest in all that pertains to his happiness and comfort, and general good. Now, I say, let your daughter practise all these things; for every good and intelligent young lady looks forward—and that with solicitude—to the day when she shall become a wife.

“Let her imagine, then, if you please, that she is to be married, and that the husband of her choice is actually poor; and you know every wise and good parent will not ask their daughters, in forming connections of this kind, ‘is he rich?’ No; but rather, ‘Is he honest?’—‘Is he respectable?’—‘Do you love him?’ That is all. Leave other matters all to herself. And then, another thing, riches, as we are told, often take wings, and fly away; so that it is better for every one to be independent, and know

how to do for themselves. Let my daughter know how to make a living by teaching music, or painting, or drawing, or anything that is useful and proper; but, first of all, let her know how to make her own clothes, her own bread, and do her own work. Teach these things first to your daughter, and then as much more of science and the fine arts as you can—the more the better, only do not let it interfere with health.

“And now, if, in connection with what I have said, I were to advise your daughter a course of water treatment, physiological treatment, or hygienic treatment, or whatever you please to call it; or what I consider actually best for her case, it would be something like the following:—Let her take a packing sheet, for twenty minutes, early on rising; then a good bath; then a walk; but not too much at first. Let her repeat the same process in the afternoon. Let her walk a great deal in the open air, that she may have the influence of air, the exercise, the light, and the mental impressions caused by a change of objects combined. Thus may she gradually regain her health. And let her, in connection with this, observe all good rules of which I have spoken.”

FAMILY PRACTICE OF THE WATER-CURE. INFLUENCE OF THE WATER-CURE JOURNAL.

BY T. L. NICHOLS, M. D.

It is supposed by vast numbers, who are interested in Water-Cure, that its benefits are confined to large and expensive establishments. This is a very deplorable mistake. There could scarcely be a more mischievous error. Of the millions of our people, how few could ever have the benefits of the Water-Cure, if they were to be had only at what are called Water-Cure establishments!

These have their uses, and for many cases of disease, and many people, are a great convenience; but it cannot be too soon impressed upon the public that almost all the advantages and blessings of the Water-Cure may be enjoyed at home, and that far cheaper, as a general thing, than any other system of medical treatment.

Let us see what is absolutely required for the treatment. Air, and exercise, and proper food, can be had in one place as well as another; at least, they may be had in many places besides Water-Cure establishments. All the rest is water, which can be had wherever rain falls, springs bubble, or rivers run. Wherever a single pailful of cold water can be found, all the most important processes of the Water-Cure can be enjoyed.

To have a thorough bath, a gallon of water taken with a sponge, or towel, or poured over the body in any way, is sufficient. Where there is a will there is a way. Any tinman, any cooper, any carpenter can make a sufficient bath. A piece of oil cloth or India rubber cloth will protect your carpets. To say you

cannot take a bath because you have not the conveniences, is a lazy and miserable excuse.

Then there is the sitz-bath, a very important Water-Cure process. And what is a sitz bath? Take a common wash-tub, fill it half full of water, and sit down in it as you would in a chair, with your feet on the outside. There you sit from ten minutes to half an hour. This is a most blessed remedy for constipation, as well as for diarrhoea and dysentery. It brings about regular action of the lower bowels, and so remedies each of these irregularities. The early and free use of the cold sitz-bath would save many a person from dying of the dysentery, a disease so difficult to control in its later stages.

The wet bandage, and the heating and cooling compresses, can be used wherever there are towels and cold water to wring them out of.

Even the wet sheet pack, that great and important remedy of almost universal application, where can it not be given? With comfortables and blankets, a common sheet, and water enough to wet it, the pack is easily accomplished; and the bath to follow it may be given by the sponge, or by pouring, or still more conveniently, by the dripping sheet, which may be administered by anybody, anywhere.

In short, there is scarcely a process of the Water-Cure which cannot be given in any dwelling; and even the half bath, the plunge bath, and the douche might generally be managed with a little ingenuity, and at a slight expense; and when people have learned a little more of the principles and practice of Water-Cure, every house in the country will have a regular bath-room, as its first indispensable convenience.

In New-York, where the Croton comes into every house, and where most modern-built houses are furnished with baths, with hot and cold water, there is no sort of excuse for not taking the Water-Cure.

There are many cases which I should like to have under my eye constantly; but in the great majority this is impossible and needless. With suitable directions, almost every case might be successfully treated at home. Many of my best cures are made in this way, and at merely nominal expense to the patient, for I make a point of studying the economy of treatment in all cases. I have now patients under treatment at home, for consumption, rheumatism, dyspepsia, chronic diarrhoea, gravel, disease of the heart, prolapsus uteri, &c., &c., and there is not one who is not making most encouraging progress. Some of these are the most remarkable cases I have ever seen—and what is peculiarly gratifying to me is, that in several cases the circumstances of the patient are such that the expensive treatment of a Water-Cure establishment is out of the question.

All this may be thought impolitic, but this must be no half way reform. This gospel of health must be preached to the poor, and a few Water-Cure houses, though very convenient for those who can afford them, are not going to cure the whole world—

and this is the true mission of Water-Cure. It must be practised in the homes of the people, and adapted to their circumstances and conditions. I mean it shall be in New York, and hope that by the influence of the JOURNAL, and the WATER-CURE LIBRARY, it may be throughout the country.

I have seldom been more gratified than with a letter of consultation I received the other day from Canada; and I shall take the liberty of making a few extracts:

“DEAR SIR:—About eighteen months since I sent for the WATER-CURE JOURNAL. At that time the Water-Cure was not known in this part of the country. I was the first person who tried it as directed in the Journal, and in all cases thus far it has acted with the best effect. Fever and ague, jaundice, pleurisy, dyspepsia, diarrhoea, one and all yield to its force, and it is rapidly gaining ground here. I got ten subscribers in July, and am now selling the Water-Cure Almanac in great numbers. The spirit of inquiry has been aroused, and Water-Cure is on the ascendant.

“Though it is a very sickly country here, chill fever, bilious fever, dysentery, and diarrhoea being very prevalent, my own family is perfectly healthy. We have not taken pills, powder, or drug of any kind, but pay attention to diet, ablutions, &c., as directed in the Journal, and have no occasion for the doctor. One of my neighbors, after having seen a young lady cured of the fever and ague in two days, wished he might get it, it seemed such a pleasure to be cured by the water.

“In another case, a young man has suffered for two seasons, commencing early in the spring, with the chills and fever. As usual, he had an attack early this spring, and went to the doctor again, but on his return he heard of the Water-Cure, came to me, followed my directions, was cured in a week, and has been perfectly well all summer. Under drug treatment he became so emaciated that his parents thought he was going into a decline; but under the water treatment his system soon resumed its wonted vigor, and all the symptoms of consumption vanished.

“Another—an old man, some fifty years of age, who has suffered from fever and ague for half a dozen years, more or less, was attacked again last May, took the Water-Cure, was relieved in a few days, and remained in perfect health all summer. I could mention many other cases, as these are only a sample of many that have been benefited by the Water-Cure.

“As a natural consequence, the regulars ridicule and denounce the treatment, but truth is mighty, and must prevail. I am thoroughly convinced that the Water-Cure must prevail, and that those physicians who apply it will in a few years be the only ones that will be patronized by a discerning and long abused people.”

This letter, written without the thought of publication, but to consult me respecting a case of some difficulty, or at least requiring a degree of experience, shows what strong hold the Water-Cure is taking among the people in the remotest sections of the country. The writer of this letter is evidently a public benefactor. He has introduced the Journal and other Water-Cure publications to teach the people the laws of health, and the way to cure diseases; he gives them practical examples of the efficacy of hydropathy, and is an active and zealous missionary in the good cause. May such teachers be multiplied.

Now, to make a final application, if people living in Canada West, with no instruction but such as

they get from books and the Journal, can carry on the home practice of the Water-Cure with such marked success, how much better can the people of New York, with abundant facilities and professional advice always at hand, avail themselves of this wonderful system! Good friends, we must do here, in this great field, what this useful citizen is doing in Canada. We must "circulate the documents," and teach the people this "way of life." Every person who knows the benefits and blessings of the Water-Cure, should be a missionary, and labor to convert others. We have a great and earnest work to do for humanity. I see no way in which a philanthropic man or woman can do the human race more real service, than by spreading a knowledge of the Water-Cure.

Perhaps there is no more effectual way of doing this than by endeavoring to increase the circulation of the Water-Cure Journal. It may have its faults, but upon the whole, seems to me well fitted for its work. It is beautifully got up; it is as cheap as any one can desire; and it seems to be conducted with higher motives than mere love of gain, and with a remarkable freedom from personal prejudices. It is not the organ of any practitioner, or any establishment, and is to a great extent what such a periodical should be; and if it is not *all* it should be, it is the fault of us who write for it—certainly it is not the fault of the publishers, who, from motives of interest as well as philanthropy, are earnestly desirous to make it acceptable to the people, and useful to the interests of Water-Cure.

It is my most earnest belief, that if a copy of the Water-Cure Journal could be taken by every family in New York, four-fifths of the sickness and premature mortality of this city would be prevented. At the same time, three-fourths of all our grog shops, apothecaries, and tobaccoists would shut up shop for want of customers; and our doctors—as many as would be needed, would be studying and practising Hydropathy; but the greatest portion would take other fields of labor.

New-York, 87 West 22d street.

MEDICAL MISCELLANIES.—No. II.

BY T. L. NICHOLS, M. D.

CRABBE ON PHYSIC.—The poet Crabbe, in early life, studied physic, but soon left it in disgust, as the Water-Cure had not been promulgated, and entered the church. In one of his poems, the *Library*, he gives us his opinion of the medical profession:—

"But man, who knows no good unmixed and pure,
Oft finds a poison where he sought a cure:
For grave deceivers lodge their labors here,
And cloud the science they pretend to clear.
Scourges for sin the solemn tribe are sent,
Like fire and storms, they call us to repent.
But storms subside, and fires forget to rage:
These are the eternal scourges of the age!
'Tis not enough that each terrific hand

Spreads desolation round a guilty land;
But, trained to ill, and hardened by its crimes,
Their pen, relentless, kills through future times.

"Ye frigid tribe, on whom I wasted long
The tedious hours, and ne'er indulged in song;
Ye first seducers of my easy heart,
Who promised knowledge ye could not impart;
Ye dull deluders, truth's destructive foes;
Ye sons of fiction, clad in stupid prose;
Ye treacherous leaders, who, yourselves in doubt,
Light up false fires and send us far about—
Still may yon spider round your pages spin,
Subtile and slow, her emblematic gin!
Buried in dust, and lost in silence, dwell;
Most potent, grave, and reverend friends—fare-
well!"

This is tolerably severe, and may be considered a poetic license; but any one acquainted with medical practice and medical literature, will not dispute that there is in it "more truth than poetry."

QUININE vs. PIPERINE.—A writer in the London *Chrono-Thermalist*, advocates the use of piperine, the chemical extract of black pepper, instead of quinine, the salt of Peruvian bark. Piperine, with a small portion of arsenic, constitutes the famous chologogue extensively given in the West for fever and ague. It is a violent poison, and if possible worse than quinine, which, this writer says, "is known to have produced rheumatic pains, fearful dropsy, horrible fever sores, and a hundred other complaints, as terrible, lasting, and destructive, as those resulting from improper mercurial treatment."

Now let us hear what some advocate of quinine will say of piperine, and pretty soon we shall have the whole truth in regard to both medicines. It is said, that when rouses fall out, honest men get their dues. When the doctors get to quarreling about the relative merits of their medicines, we begin to get a little insight into their qualities.

DURATION OF DISEASES.—The medical "Old Hunkers," as the *Tribune* demonstrates those who are opposed to medical reforms, have a convenient theory in regard to the duration of certain diseases. Thus, fevers last seven, fourteen, twenty-one, twenty-eight days, and so on. Other diseases are said to be self-limiting, and never last beyond a certain period; and we are taught that it is utterly impossible to make them either longer or shorter. Of this class is small-pox, measles, whooping-cough, &c. Convenient theory! The late Professor of Theory and Practice in the New York University denounced in his most earnest manner every effort to interfere with the progress, or attempt to shorten the duration, of this class of diseases; and people have been accustomed, when the doctor announced that a person had a "settled fever," to wait patiently for it to run its course.

But Water-Cure has changed all this: it makes short work with these periodicities. I have certainly known cases of undoubted typhus, even of the kind

called ship fever, cured in six days. I have certainly known small-pox, measles, and the hooping-cough, to be reduced to less than half their ordinary duration. Intermittents are sometimes cured in a week, sometimes in ten days; and I have known them to last three weeks; but never longer, under the Water-Cure, unless under continued exposure, or some serious complication.

The laws of disease change with its conditions; and the Water-Cure is a very different affair from the old do-nothing, or do-nothing-but-mischief systems.

A GREAT NATIONAL REFORM.—A single law passed by Congress, supposing it had the power, and obeyed by the people, would effect a great reform in the public health, diminish the business of doctors and the demand for drugs, and prove of incalculable benefit to this and future generations. Thus—Be it enacted, that on the first day of January, 1852, every frying-pan in the United States be broken up, and sold for old iron, and that no more be ever manufactured henceforth forever. Frying is the most unwholesome of all modes of cooking. Everything cooked by this method is saturated with fat or butter, rendered tough, covered with empyreumatic oil, and made as unfit as possible for the human stomach. No dyspeptic should ever touch anything fried, and no one should do so who would avoid becoming a dyspeptic. Let your food be boiled, or roasted, or broiled, or baked even—anything but fried. Frying meat is the worst possible mode of cooking; destroying whatever good qualities it may possess, and exaggerating all its badnesses. And all this comes of having frying-pans, spiders, and other cast-iron and sheet-iron abominations for making food unwholesome. Good people, beware of the frying-pan; beware of the fat which it scorches, and the butter it spoils; and beware of the meat, and fish, and eggs, which it renders unfit for food, and difficult of digestion, that your days may be long in the land.

ILLUSTRIOUS VICTIMS.—The Duke of Kent, the father of Queen Victoria, is said to have died of a remittent fever. The truth is that he was bled to death by the abstraction of one hundred and twenty ounces of blood. Yet one of the most eminent allopathic authorities of that day said that if he had been called sooner, he should have bled him more freely.

General Washington was taken with a quinsy, which an application of cloths, dipped in cold-water, would probably have cured in a few hours; but he was bled again and again, and so died.

General Harrison, notwithstanding his age and infirmity, was cupped and leeches, and medicated, in the regular allopathic style, with the usual result.

General Jackson, in one of his last letters, writes—“My dear Mr. Blair: On the 12th instant, I had a return of hemorrhage, and two days after a chill. With the lancet to correct the first, and calomel to check the second, I am greatly debilitated.” No wonder.

For all this, here will be the professors of our three medical colleges, in this city, all this winter, telling their students to bleed, bleed, bleed, and calling calomel the Samson of medicine. This Samson will be pulling the temple on the heads of these Philistines. Not a bad name, that of Samson, however—blind and full of mischief.

NEW REMEDY FOR TYPHUS.—Many years ago, when the Typhus fever prevailed extensively and fatally in New Hampshire, two doctors were called in consultation over a case, when one of them informed the other that he had found a new remedy for Typhus fever, which was curing all his cases, so that he had not lost one since he began to use it. This remedy was to give the patient milk and water, and nothing else, throughout the whole course of the disease. This was Water-Cure as far as it went; and Nature, free from the oppression and poisonings of medication, did her own work. If doctors knew how much mischief they do with their meddling medication, they would hold their hands; but no; they must bleed, and blister, and deplete, and stimulate, when all the time the patient would get well faster and better if left alone. The statistics of the Russian Empire show that a larger proportion of persons attacked with cholera recovered where there were no doctors to be had, than under the care of the most scientific physicians. Homeopathy is, to all unbelievers in the potency of infinitesimals, another proof that it is much better to do nothing, or next to nothing, than to do mischief.

CATCHING COLD.—This is a universal bugbear. When a person is in a burning fever, or suffering under a violent inflammation, if cold air or water be brought near them, people fear they will catch cold. This fear is utterly groundless. Whenever there is fever, and just as long as the heat of the body is above the natural standard, catching cold is an impossibility. In a fever, a draft of the coldest air, directly upon the naked body, a plunge in a cold bath, or a thorough wetting for hours, is as beneficial to the patient as it is agreeable. So of local inflammations. I once advised a man with a very sore and inflamed foot to go and dip it into the canal. “I guess I shan’t dip my foot in cold water!” he indignantly exclaimed: “I ain’t going to catch my death of cold.” So the poor fellow went and rubbed some salve on it.

It has often happened in military movements, that soldiers with fevers and inflamed wounds have been exposed in wagons to heavy rains and severe cold; but in all the cases recorded, they seemed the better for the exposure, and to the astonishment of the army surgeons, their fever patients in such cases have all recovered. But they were not wise enough to profit by a such a practical lesson in Water-Cure.

There is one case recorded, where a number of the children of soldiers, sick of the small-pox, who were carried in panniers on pack horses, were all thoroughly wet by a cold rain for many hours, and when everybody expected to see them die from this exposure,

they all recovered in less than the usual period. Such cases of the efficacy of accidental Water-Cure are scattered through all history. It takes men a great while to learn, though Nature is forever teaching them.

POISONING BY MISTAKE.—A few weeks ago, a Boston apothecary was arrested for dealing out a dose of the wrong medicine, which killed the patient. A similar case has since occurred in Williamsburg, and another still later in Philadelphia. Is it not very probable that there are numbers of such cases occurring in all parts of the country, which never come to our knowledge? If an apothecary makes such a mistake, he is not going to turn informer. But in a large portion of medical practice, the physician deals out his own medicine; and if he makes such a mistake who is going to be the wiser? His diploma covers all blunders. There is much work for coroner's inquests which is never attended to.

But if numbers are killed by taking medicines in mistake, they are few compared to those who are destroyed where there is no mistake, but the great miss in taking medicine at all. Thousands die from the ignorance of doctors, where one is killed by such accidents as the above. Calomel, opium, quinine, and arsenic kill, if given with ever so good intentions. The lancet may be used *secundum artem* and with the very best intentions, but it destroys life none the less surely. Great learning and a high reputation are no security. I think patients are not so safe generally in the hands of celebrated practitioners, who know they can do as they like without risk, as under the care of men of less pretensions.

THE LAST RESORT.—Water-Cure is making its way against great disadvantages; and if successful now, as it most incontestably and wonderfully is, what must it be when it has an even chance with other systems? Now a patient comes and says—"Doctor, I have been sick for two or three years. I have tried Allopathy, Homeopathy, Thomsonianism, and everything, but nothing has done me any permanent good. I have come to you as the last resort. Do you think you can cure me?" Three fourths of our cases now, are of this description. I have a patient now, rapidly recovering, who has been sick for twelve years, has been twice to Europe for medical advice, and has been prescribed for by the most celebrated physicians in New-York and London. The water is curing her; but what a test is this for a system! Very often, in the progress of a disease, we are not called in until every other hope is fled, and the patient is reduced to a desperate extremity. With this state of things, it is absolutely astonishing that we lose so few patients, and that we effect so many cures.

REVIEWS.

BY E. T. TRALL, M. D.

DIETETICAL AND MEDICAL HYDROLOGY.—Dr. John Bell, of Philadelphia, is the author of an able work

on "BATHS AND THE WATERY REGIMEN." It is an elaborate history of bathing in all the forms and fashions in which it has prevailed in all nations, including cold, sea, warm, hot, vapor, gas, and mud baths, whether resorted to for purposes of luxury, cleanliness, hygiene, or medication. The author has also partially described the hydropathic appliances, and given a very full description of the various methods of pulmonary inhalation, including the now popular anesthetic agents, ether and chloroform. Such a book must, of necessity, contain much valuable information, though it is to be valued far more for its historical than its philosophical data. Judged by the orthodox standard, the author's observations, directions, recommendations, criticisms, and reasonings concerning all the methods of bathing described in his book, must be considered as judicious, discriminating and conservative; yet as hydropaths, imbued with a very different train of physiological principles, we could neither concur in most of his reasoning nor adopt the majority of his prescriptions. Still we would commend the work for its many facts and its numerous hygienic inculcations.

Of the bungling way of curing diseases by fumi-gating baths, the author gives us some amusing specimens, one of which is too ludicrous to pass over, yet in perfect keeping with the whole plan of medicated or drugged waters. It is all about the itch, a disease, by the way, which no *clean* child was ever yet affected with. Dr. Bell says:

"The therapeutic effects of sulphurous fumigations have been only ascertained with any degree of accuracy, since the first part of the present century, although at an earlier date these applications were recognized as a remedy in diseases of the kind. Passing over antecedent periods, we find Gläuber (in 1659) making distinct reference to sulphur fumigations for the itch. I. P. Frank, nearer our own day, also suggested the use of sulphur, in the form of vapor, for this disease.

"To Gales, who was for a number of years apothecary to the hospital of St. Louis, in Paris, are the profession and the world indebted for the introduction of sulphurous fumigations for the methodical and successful treatment of cutaneous diseases. In 1812, Gales began a series of inquiries respecting the cause and diagnosis of the itch (*scabies*), which he showed, as indeed others had done before, to depend on the presence of an insect, the *acarus scabiei*. He next gave his attention to discover a remedy, safe, expeditious, and easy of application. The result was, not the discovery of a new remedy, but of a means of so applying it as to render its use general, and to remove the objections which have hitherto prevented its introduction into practice. The first trials (in the month of August, 1812,) were, it must be acknowledged, with a very simple, but at the same time, crude contrivance. It merely consisted of a heated pan, in which the flowers of sulphur, mixed with the nitrate of potash, were thrown, and the whole introduced under the bed-clothes of the patient, tucked in as closely as possible about the body.

"The success attending these first trials, between August 1812, and March 1813, which resulted in the cure of 385 patients with itch, induced Gales to devise a regular apparatus for fumigations. His first model was that of Lalhoute, employed by the latter for mercurial fumigations in the treatment of syphilitic diseases. This was afterwards improved and

altered, partly by Gales himself, and partly by Darset; and he was thenceforward enabled to prosecute his experiments in a satisfactory manner.

"M. Morque, superintendent of the hospital of St. Louis, proposed to his colleagues, the members of the administration of the Civil Hospital of Paris, that a special jury or committee should be formed to examine into the merits of the new treatment, by a series of experiments."

The fumigating jury, after thinking over the matter sufficiently, and testing it to their satisfaction, came to the following conclusions:

"That sulphurous fumigations are a perfect cure for the itch.

"That from four to twenty fumigations are required, according to circumstances.

"That females and infants are the most easily cured.

"That old inveterate cases are cured proportionably quicker than recent cases.

"That each fumigation takes about half an hour.

"That patients may take as many as four daily.

"That the treatment of itch by sulphurous fumigations does not require any particular attention to regimen, &c., &c."

Now every intelligent hydropath knows that by rubbing the skin with a coarse wet cloth—a little soap may be used in bad cases—until it becomes clean, there will be an end of the itch. The reader will see in the contrast a fair specimen of the immense waste of time, labor, brains, and money, as well as brimstone, in managing so trifling a complaint as the itch, according to the philosophy of drugging.

Dr. Bell does not represent the hydropathic methods of bathing as they are practised in a single establishment of which we have any knowledge. He describes the sweating process of the dry blanket, as it is *sometimes* used, and calls it one of the regular stages of a hydropathic course. His views here are evidently picked up hastily from some writer whose description of some special processes the doctor has mistaken for the general plan.

We should do the author injustice not to certify that his work on bathing affords ample evidence of extensive reading and industrious investigation into all the departments of medical literature bearing upon his chosen theme.

THE WATER-CURE JOURNAL TO ITS PATRONS.—There *was* a time when the WATER-CURE JOURNAL was regarded by a few individuals as an advertising medium for a particular Water-Cure Establishment, when it was under the direction of parties, who had *first* their *own* pecuniary interests in view, and *secondly* the good of the public. This, under the then existing circumstances, was quite natural; for the proprietors were not only engaged as practising Water-Cure physicians, but *were*, at the same time, conducting a Water-Cure Establishment. These facts alone were enough to excite unpleasant feelings in all other Water-Cure physicians, who had no "organ" of their own through which to make themselves and their establishments known to the world. Under this state of things, the circulation of the Journal

was small, there being at this time less than a thousand subscribers, notwithstanding it had been published several years. Water-Cure physicians, refusing to co-operate, either by writing for its pages or recommending it to their friends, it did not therefore defray the expenses of publishing, except as an advertising medium for the aforesaid establishment. The Journal at that time was less than half its present size, containing *only sixteen pages*, including *all its advertisements*, while we *now* have never less than *thirty-two*, and sometimes *fifty-six pages*, besides the advertisements.

While in this low condition, the present proprietors were desired to undertake its publication, which they consented to do on certain conditions, being guaranteed and secured from loss by the original conductors, who were allowed to continue their advertisements as an offset to the obligation or security which they then gave, in order to insure its continuance.

With the change of publishers there came also a change in the management, and a change of feeling in regard to the Journal. Instead of confining it to an *individual* interest, the PUBLISHERS threw it open to the ENTIRE HYDROPATHIC PROFESSION, soliciting each and every one of them to write articles for its pages, and thereby contribute to its more general usefulness; and in order to accommodate the large number of noble volunteers in this great HEALTH REFORM, the Journal was enlarged; thereby giving every subscriber much more matter than was promised in our prospectus.

Besides this, ALL Water-Cure establishments have been brought into notice impartially, and none have been refused the privilege of advertising in the pages of the Journal, who desired to do so. When, therefore, those objections were removed, and the public became assured that THEY were to have a journal devoted to *their* interests, they at once came forward, and with ONE ACCORD took hold of the good work of obtaining new subscribers, and thereby extending the circulation of the Journal from a *few hundred* to *MANY THOUSANDS*.

Thus, have the publishers, by combining the interests of the Water-Cure professors, been enabled to give THEM and the PUBLIC a medium, untrammelled by private interest, and of universal good to all mankind.

REVIEW OF ROWLAND EAST'S WORK CONTINUED.—By S. O. GLEASON, M.D.—Much praise has justly been bestowed upon the wet sheet-packing. It is a process in the treatment of disease, both acute and chronic, that is based upon sound principles in medical practice. As time advances, and its use is better understood by the community at large, it "will be the first remedial resource of the sick, and the last earthly remedy of the dying."

Dr. East speaks of the wet sheet as "alterative, accumulative, tonic, and a febrifuge."

1. As *an alterative*, "it is neither stimulant nor

contra-stimulant, but produces a change in the organic textures, and consequently in functions." It is often asked, how can you produce different effects by the remedy? An answer to this inquiry is easily found, and can be made understandable to those who have even a *limited knowledge* of the effects of medicinal substances upon the human system. "Thus opium, in half-grain doses, is stimulant, and if given in inflammation of the lungs after bleeding, would increase the activity of the pulse, and be productive of injury, whereas in two or three grain doses it is a *sedative*. Calomel, in doses from half a grain to one grain, is *alterative*; from two to five grains, *purgative*; in doses of three grains, or more or less, according to circumstances, given twice or three times a day, is *sialagogue*." The same holds true in relation to the packing process.

"When, therefore, the hydropathist is desirous of altering a function, instead of giving small doses of mercury in affections of the liver, of squill and ipecacuanha in irritation of the bronchial tubes, he administers the wet sheet packing, and attains his object more rapidly and safely." This is emphatically true. The system has not taken into its life-current any poisonous substance, to induce irritability, excitement, and greater debility of the organs and tissues, that labor to free the body from the poison introduced. The tone of the parts through which medicinal substances are excreted or eliminated, is lessened, *lowered down*, and a long time must intervene before the organic energy of the part which has had extra labor imposed upon it can be repaired. Hence the long and tedious convalescence of patients medically treated.

The class of medicines termed expectorants, *i. e.* those which have a tendency to make one "raise more freely," must of course enter the circulation before they can be brought in contact with the mucous lining of the air tubes, and produce their desired effect. Medicines which are said to operate specifically upon a given part of the system, must of course be eliminated from that part in greater abundance than from any other. Thus, the bronchial tubes have not only to free themselves from the extra amount of matter secreted by them in diseased action, but from the medicinal substances introduced, which seek an outlet from the system from the same source. In many chronic cases of bronchial irritation, "cough medicines" will be in constant requisition, as they impose an extra task upon the part intended to be relieved. The history of many cases that have come under our care will verify this statement.

But to return to the packing, as an alterative in affections of the lungs. It "relieves the congested cells, and changes the quality of the mucus." This is done by increasing the action of the skin, and encouraging more waste material to pass off through it, and less of course will find exit from the bronchial membrane. Another object to be gained is an increase of blood to the surface of the body, and a

lessening of the amount circulating in the vessels of the lungs; as in diseased action the circulation is sluggish, which allows chemical changes to take place, and an extra amount of secretion is the result.

"In ordinary cases of mucous membrane irritations, a wet sheet-packing of thirty-five to forty minutes, once in two days, I should deem gently alterative. When I intend that other treatment of a different nature is to be taken during the day, I think this sufficient. * * It will have rendered the skin active for the day, and will not decrease the strength. But, in other cases, where there is great irritability in any organ, great tendency to congestion, large deposits of fat in the abdomen, tendency to effusions in the cellular tissue, an envelopment once a day, or perhaps even twice, of an hour's duration, would simply be alterative."—Page 35.

"Thus, during the first envelopment, the mucous membrane loses a certain portion of its irritability, and a nearer approximation to healthy secretion is set up," * * * "and in one hour the patient has taken his first lesson in alterative treatment, and the commencement of a change sets up, which does not cease till it terminates in a cure."—Page 33.

By continuing this process as the case shall require, the secretions become normal, and congestion of the large and small vessels of the internal organs disappears. The remedy exerts a constant and steady influence, keeping within the natural energies of the constitution, and even at the same time that the alterative process is going on new vigor is accumulated. In this way radical cures are wrought, which no other means could reach. Medicinal substances usually impose such tasks upon the vital energies, if long continued, as to shatter and ruin the recuperative power of the organism.

WET SHEET-PACKING-ACCUMULATIVE."

During the first few weeks of the packing, greater visible changes are produced than the same number of weeks subsequently give. The treatment continued a long time may not give strong and daily evidence of the great and radical change which is being wrought. "But suddenly a new action takes place, constituting the climax." Many may imagine that no change is being produced, since the process is so slow and silent in its operation. But the evidence is often "reserved for the latter period of treatment to make any visible demonstration of its power.

Dr. East illustrates the accumulative effects of the packing by reference to the operation of drugs. "There is digitalis, producing a lowering effect on the heart and arteries. Physicians well know that this drug is frequently administered for many days without producing any sensible impression; but suddenly the symptoms become alarming, the action of the heart feeble and spasmodic, and the effects of many doses seem operating at once as a poison. In the accumulative effects of hydropathic treatment, however, there is no such danger." Patients who do not well understand this feature in the treatment,

are liable to become disheartened, discouraged, and leave the treatment before a sufficient change has been wrought to insure health.

In another class greater changes are wrought than they suppose. When they leave the cure, they perhaps feel disappointed, and think but little has been done. The accumulative effects are not fully seen until the treatment is withdrawn, and the system has rested a time. We often hear of such cases after having left Cures. "They did not know what hydropathy had achieved for them. They glide silently into health—that health which consists in a vigorous and harmonious action of all organs and functions."

No forced and violent measures are of much practical utility in the Water-Cure. Too great stimulation or depression of the vital forces is not desirable.

(To be continued.)

MISCELLANY.

LIGHTNING AND THE WATER-CURE—A SINGULAR CIRCUMSTANCE.—Some two weeks since, we understand, a man named Ketchum, living in Babylon, in this State, was working on his farm, and seeing a thunder-storm coming up, mounted his horse and started for home. When within a few rods of his house, he dismounted, and at the same instant both him and his horse were struck to the earth by lightning. Two young men were near, who were also struck down. On recovery, they started to carry Mr. K. to his house, when Mrs. Ketchum met them, and on seeing what was the matter, immediately procured a bucket of spring water, and poured it gently upon the head of her husband. To the surprise of every one, he immediately came to, and is now doing well. What is most surprising in this is, that the lightning struck him on the side of the head, taking off the hair, and then running down his face, neck, and breast, leaving the skin blistered and burnt in its track. On his stomach the lightning forked, a branch running down each leg, tearing his pantaloons and boots to atoms. We have frequently before heard of the efficacy of cold water used on persons struck by lightning, but this is the first instance where we have known it tried. Let our readers remember this, and if occasion requires, it is at least worth the trial.—*Galena Jeffersonian*.

In volume VIII., page 47, of the Water-Cure Journal, may be found a similar case treated successfully by WATER. What could our friends of the *allopathic*, *homœopathic*, or botanic school have done in such a case? Cod liver oil, calomel, infinitesimal doses, nor lobelia, could have operated in time; yet pure cold water, and *that only*, could bring this dead man to life.

A NUT FROM NOGGS.—"Beware of Pickpockets!" This is the caution that meets the eye in every public

place. And immediately the green 'un claps his hands on his pocket and is *beware'd*! But nobody cautions him to beware of impostors, and he finds himself robbed perhaps half a dozen times before he leaves town by the various mountebanks which infect our city, robbed not only of his money but of his health.

One of the latest impositions, calculated to do most mischief, because it operates on decent people, (those who are fools enough to expose themselves to the horrid, imaginary necessity of going to *any* lane for a remedy—which is ten times worse than the disease—are of not much consequence any way,) is that of a certain hairy quack, who calls himself Doctor Somebody, and pretends to cure all sorts of cutaneous diseases, make hair grow on the sole of your boot, or anywhere that you'll pay him for doing so!

This fellow, who has deceived a large number of unsuspecting females, is now as large as life with his borrowed plumes, dealing out his liquid ruin, utterly regardless of whom he may destroy.

Beware of impostors, say I, especially barbarous ones, as the head is too important an organ to be tampered with. Death has been known to ensue in consequence of humors being driven in from the scalp by the use of quack nostrums. Never use anything but [water about the head, or at most, nice soap and water. *Keep the head clean, and the hair will take care of itself.*—*Boston Pathfinder*.

SLEEP, HOW TO OBTAIN IT.—Persons engaged in literary pursuits, in the various professions, or in those occupations where the brain is much more exercised than the body, frequently experience great difficulty in obtaining sleep. To such, the following hints will be of service, if regarded. Before retiring, take a short, brisk walk of half an hour, or such other physical exercise in the open air as may be most convenient and agreeable, then a cold bath, after which the entire body should be rubbed briskly with the hand or a soft towel. This will equalize the circulation of the blood, drawing a portion of it from the brain to the body and extremities. No food should be taken during the evening. Tea, coffee, and other stimulants should also be avoided.

No person should retire with cold or damp feet, for, besides preventing sleep, they cause various ills, such as colds, coughs, cramps, rheumatism, out of which *may grow* more serious diseases, and perhaps end in consumption. When no fire can be had by which to warm the feet, they may be made comfortable by severe rubbing with a towel, or even the naked hand.

It will not be prudent or safe at any time to resort to medicines for the purpose of producing sleep, as they must necessarily damage the system, and if once practised, even on a child, mischief will grow out of it.

Every individual requires from six to eight hours sleep out of every twenty-four.

Children from the age of one month to a year

should sleep at least twelve hours. Those from two to five years of age may sleep ten hours. WOMAN requires more sleep than MAN, and a FARMER less than those engaged in almost any other occupation. Editors, authors, and artists need more sleep than those of other professions. The same is true of precocious children.

It is not as well to sleep in a room in which a fire has been kept during the day.

Every sleeping room should be well ventilated, and every bed well aired during the day. The second floor is always preferable to the ground or first floor. Too much clothing should be carefully avoided, as unnecessary warmth is always debilitating.

THE MEDICAL PRESS.—The profession have, at last, become fairly awakened to the imperative necessity of keeping pace with the times, by means of periodicals suited to inform them of the discoveries and improvements which are daily made in medicine and the collateral sciences—hence the increasing demand for such publications.

This diffusion of knowledge, growing rapidly cheaper and more accessible, is telling loudly upon the community at large. Empiricism is fast hiding its diminished head; *false delicacy is going into its last hysterics*; and, as shown by the introduction of *elementary physiological works in schools, the study of subjects heretofore restricted to one class of the young, is receiving that attention which it so well deserves, and would be still denied, were the public mind as unenlightened, and therefore intolerant, as in a less favored age.* Society being thus made aware that medicine is the most progressive of sciences, will not employ the physician who allows himself to be distanced; and if no higher incentive will animate him, due regard for his "bread and butter" will spur him on.—*The Northern Lancet.*

WELL DONE! Were it not that we send the WATER-CURE JOURNAL to the editor of this "Medical Gazette," we should think him crazy. Whoever before heard of a "regular" medical journal advocating the study of PHYSIOLOGY in COMMON SCHOOLS? If this editor does not apologize for his "rashness" in the next number of his "Lancet," we shall conclude that he has lost all claim to support from the "regular medical profession."

A CHEAP MODE OF ADVERTISING.—Dr. FUSTION has Abdominal Supporters, Shoulder Braces, and other traps to sell. He writes and prints a book called *Six Lectures on the Lungs, &c.*, describing the superior merits of his machinery and medicines. This book is either given away or sold at a very low price, the object of which is to advertise, and make a market for the above named "Traps and medicines." Have the pockets of any of our readers been "bled" by this "CHEAP MODE OF ADVERTISING?"

AGAIN, there was a company formed of highly conscientious persons, who took upon themselves the name of "THE GRAEFENBERG COMPANY," who also

printed a book entitled the *Graefenberg Manual of Health*, which book is devoted, namely, to advertising such remedies (?) as the Graefenberg Company manufacture and have to sell. This same Company print a newspaper once a month, which they call "*The Western World*," devoted to the same purpose. Have any of our readers ever heard of the *Graefenberg Company before*?

Do any of our readers know of anybody else who resorts to a similar means by which to obtain patronage? We hope none of our friends will allow themselves to be "taken in" by "self puffing organs" of any sort. There are others in circulation which we may mention at a future time; but "*A word to the wise is sufficient.*"

NEW WATER-CURE ESTABLISHMENTS.—It will be as gratifying to our readers, as to ourselves, to notice the increase of these establishments in all parts of our country. In the East, in the West, and in the North, we have many commodious and well managed houses, and we are pleased to find the people of the South taking hold of the good work so earnestly. The splendid establishment now in operation in Harrodsburg, Kentucky, is a fine example, not only of what may be done, but what is actually needed in every county in the South. In ALABAMA and GEORGIA great interest is felt in the Water-Cure, and a demand for competent physicians daily increasing. THE NORTH is much better supplied, at present, with both Water-Cure physicians and establishments than the South. Yet the system may be practised with equal success in all parts of the Union.

WORCESTER MEDICAL INSTITUTE, WORCESTER, MASS.—"The course of study required by this Institution is intended to occupy three full years; and candidates for the regular degree of M. D. must have attended two full courses of Medical Lectures in some established Medical College, one of which must have been in this Institution. They must present satisfactory testimonials of good moral character, must have a competent literary education, and must well sustain an examination in the various branches of medical study, as contained in our Course of Lectures, and in the text-books which we recommend, or equivalents.

The next Course of Lectures will commence on the first Thursday in March, 1851, and continue sixteen weeks."

CALVIN NEWTON, M. D., is the President, to whom communications should be addressed for further particulars.

A TRUTH.—The revolution which the Water-Cure is destined to work out will be of immense and incalculable benefit to mankind.—*Portsmouth Enquirer.*

We believe it.—*Water-Cure Journal.*

A MISTAKE.—A doctor, on calling upon a gentleman who had been some time ailing, put a fee into the patient's hand, and took the medicine himself which he had prepared for the sick man; he was not made sensible of his error till he found himself getting ill, and the patient getting better.—*Southern Literary Gazette.*

Don't believe a word of it—doctors are not so absent-minded. Besides, how absurd it must appear to every one, to suppose that genuine allopathic medicines ever made *any* body ill, or ever failed to make a sick man well! We don't like to have the "regular" medical profession thus scandalized.

HABITS OF JENNY LIND.—A personal friend of Miss Lind informs us that "she is remarkably temperate in all things, carefully avoiding stimulants of every description. She is an early riser, bathes every morning regularly, winter and summer; exercises much in the open air. She always dresses with a view to comfort rather than show, religiously avoiding tight lacing. She partakes freely of the plainest food, using much fruit. She attributes her uniform good health to her temperate mode of living, she seldom having occasion to consult a physician."

JENNY LIND undoubtedly inherited a good constitution, and descended from a long-lived, healthy parentage. She resembles her father both in organization and disposition.

THE COLD SPRING WATER-CURE.—About three miles from Buffalo—under the general supervision of S. M. Davis, M.D., Prof. of Theory and Practice of Medicine in Central Medical College. This establishment is favorably located as regards access, beauty of scenery, and convenience, and will furnish a desirable home for the afflicted, where all the benefits to be derived from the proper use of pure cold water can be received. From the rapidly increasing favor with which this mode of treatment is being received, we have no doubt that this institution will soon be in the full blast of successful operation, and from what we know of its proprietors, we have no hesitancy in advising the invalid to give it a trial.

THE WATER-CURE IN EGYPT.—An hydropathic establishment is about to be opened, by an English surgeon, at Alexandria, Egypt, on the Graefenberg system. It is expected to derive the main support from invalids arriving from India.—*New York Courier and Enquirer.*

"So we go," nor will it be long before our "glorious Water-Cure" will be known and practised all over the world. Already it has been introduced into CHINA, and will soon become THE system EVERYWHERE.

A desirable place for a Water-Cure Establishment, in the State of Maryland. For particulars, see advertisement in October number W. C. Journal.

WATER-CURE IN INDIANA.—The Editor of the STATE JOURNAL says, "Water establishments are greatly on the increase in this country, and patients have been treated at many of them with great success."

THE WATER-CURE JOURNAL.—This favorite Monthly comes dashing and sparkling as usual with truths that enliven and invigorate. It is a work that does one good to read. Its treatment of the drug system is cool!—*Cayuga Chief.*

Well, Friend Brown, how else can we treat it! The use of drugs sometimes produces heat, which renders it necessary for us to "pour on water."

NOTICES.

EIGHTEEN HUNDRED AND FIFTY-ONE is rapidly approaching. We are ready for it. It is a principle in nature, for all things, not in a decline, to look forward with hope. This is true of all men who have not yet attained the summit of their ambition. Every boy wishes to become a man; and every man, while in a vigorous state, wishes to improve his condition, and thereby increase his happiness. The great HYDROPATHIC INTEREST, and the WATER-CURE JOURNAL, are yet in their infancy. They are growing. MILLIONS are yet to be blessed by their teachings. Will it not be the pleasure of every one who has tried them, to aid in extending their growth and usefulness.

Old things must pass away, and new things fill their places. Various systems of medicines have been invented, tried, and are now buried with their thousands of experimental victims. Worse than worthless "discoveries" are daily being made, by those who still cling to the old drug system, as a drowning man clings to a straw, and with about the same result. YET A BRIGHTER DAY IS DAWNING.

"HYDROPATHY HAS BEEN BORN."

LET NATIONS REJOICE! as does all nature, when revived by those gentle showers, composed of the great curative element which pervades the world, without which LIFE could not be.

ALTHOUGH YOUNG, the Water-Cure Journal has already exerted so small influence in the world, but its GREAT HOPE is in the FUTURE. With present prospects, it will yet completely revolutionize the practice of medicine, throughout the civilized world. Our system is the CHEAPEST, the SIMPLEST, the most HARMLESS, the most UNIVERSALLY APPLICABLE, and INFINITELY the BEST. We are young, but GROWING RAPIDLY.

THE WATER-CURE JOURNAL is before the public with its valuable digests of this newly popular system of treatment in diseases. The uses of water as a medicine, or curative, have received the sanction of experience and common sense, both in the old and new world, and are fast gaining the confidence of the faculty, and taking the places of the lancet and calomel. The importance of the system renders it interesting to all, therefore we recommend the Water-Cure Journal, published by Messrs. Fowlers and Wells, Clinton Hall, New-York.—*New-York News.*

TO TEACHERS.—We wish to acquaint our Hydropathic friends, who may be engaged in teaching, that they may, without other expense than the trifle for postage, receive a copy of a monthly publication, entitled THE STUDENT, which is particularly devoted to EDUCATIONAL purposes.

We will not *advise* our readers to subscribe for the Student, until they have perused a sample number. Hence, we say, let EVERY TEACHER, send for a sample, THEN if he APPROVES let him subscribe. The terms are only ONE DOLLAR a Year, while it is richly worth FIVE.

HYDROPATHY.—The uniform success which has attended the Hydropathic treatment of diseases, and the advantages derived from following the plain and common sense directions of that system, are beginning to be appreciated by the public, and we are glad to perceive that in consequence of this diffusion of light, the *Water-Cure Journal* is attaining a wide-spread circulation. It is published by Messrs. Fowlers & Wells, Clinton Hall, New-York, and is one of the most able, fearless, advocates of the prominent reforms of the day.—*Washington Globe*.

The Democratic Pioneer, of Sandusky, Ohio, in referring to our Journal, says, "They are worth their weight in gold, but can be had for one dollar per year, each,—published monthly. No family should be without the 'Water-Cure.'" Address Fowlers and Wells, 131 Nassau Street, New York.

The *RURAL NEW YORKER*.—See advertisement for the prospectus of this excellent paper.

ANSWERS TO CORRESPONDENTS.

CONSTITUTIONAL SICK HEADACHE.—This is always a troublesome ailment to manage, and takes a long time to cure. Mr. P., of Aurora, would be benefited by wearing the abdominal bandage a part of the time, and using at least two sitz baths daily for 15 minutes. We wish more husbands could say of their wives as Mr. P. sings of his,

"Cold water from the limpid spring,
Now quenches all her thirst :
Her heart would e'en an offering bring,
More pure than golden dust."

WET NECK-CLOTH IN BRONCHITIS.—C. E., Pough Valley. —The wet compress should be worn all night ; several folds of wet linen should encircle the neck, covered with a light dry cloth to protect the bedding. If this does not prove sufficient, the chest wrapper would be advisable. The above correspondent writes, as people might write from all parts of this drug-cursed country. "There is nothing we want in our neighbourhood more than a hydropathic physician. One of our neighbors and his wife were recently taken sick about the same time ; the husband died in six days, and the wife in ten, both calomelized to death. The windows were kept closed, and all fresh air excluded," &c., &c. This calomel-killing business will be "showed up" in our December or January number.

C. C.—Writes us that Lynchburg, Va., presents a desirable location for a Hydropathic Practitioner. Country rolling and mountainous, subject to sudden changes though generally healthy, fine freestone water, good society, beautiful scenery, and not a Hydropath in that part of the State. We fear the people in Lynchburg must try and content themselves with family practice awhile. We see no other way but that a Hydropathic Medical College must be established, and that soon, as the demands are pressing.

Tho's N.—You are quite right. Your request shall be complied with. We were rejoiced to hear from "Eden." We hope the W. C. J. will keep the serpent down.

S. S. S.—Why do you "cut into" the Allopathic Doctors so severely ? Do you expect to drive them out of the field ? or compel them to adopt the Water-Cure.

We do not expect nor wish to drive them out of the field but we do intend to drive their *drugs* out of the market. It is our sincere hope, that all good drug doctors will examine the WATER-CURE SYSTEM, after which, we are confident, they will at once adopt it, and thenceforth, use no more *poisonous* drugs. This is why we "cut into" Allopathy.

DIET FOR NERVOUS PERSONS.—Mrs. S. C. W. L. inquires what kinds of food are most appropriate for nervous invalids ? There is no peculiarity in the requisite diet. What is good for all invalids is good for them ; plain, unseasoned, unstimulating, and unconcentrated. The class of invalids designated *nervous* are usually particularly benefited by the exclusive vegetarian diet.

G. W. C., Raisin, Mich.—We are sorry to say that we know of no physician you could engage to take charge of your establishment. The Water-Cure practice is so rapidly gaining converts, that we have daily applications for practitioners that cannot be supplied.

H. H. H.—Most cheerfully do we send both our Journals to J. G. C., of Knoxville. We doubt not he will remunerate yourself and us, if he has not already. We hope your K. M. G. has reached you.

J. L. McM.—Wishes to know why cotton sheets will not answer as well as linen. Because they are more irritating, less soothing, to the skin. Probably this is owing to linen being the best conductor of caloric.

L. B. H., of Farmington, Ills., will accept our thanks for the long list of subscribers which he sent us. "The work goes bravely on."

The P. O. address of P. H. HAYES, M.D., formerly of the Cuba Water-Cure, will be, until December, West Bloomfield, N. Y.

H. D.—We shall "take that hint," and probably profit by it.

VARIETY.

TRADE AND MANUFACTURES IN ST. LOUIS.—A correspondent of the New York *Evening Post*, says :—The St. Louisians are proud of their rising city. Our levees groans under the weight of its merchandise for barter and exchange. Our streets teem with the various commodities of commerce. Our eyes are well nigh strangers to mendicants. Labor is in demand. A busy hum ascends from every quarter of our far extended city. Every anvil rings from morning till night. The shuttle is not idle. The omnipotent power of steam is impelling nearly every branch of manufactures known in the country. A sugar refinery, which began a very few years since, is doing a business of \$40,000, and is now employing about two hundred hands, and distributing an expenditure of a million. One of the largest rolling mills in the United States is nearly completed at the north end of our city. A magnificent white lead and oil factory is in full operation.—Numerous flouring mills, turning out from 100 to 500 barrels

per day, keep up the supplies for the non-producing millions. A few days since, in descending from the Upper Mississippi, I counted sixty steamboats hugging our wharf. Handsome blocks are taking the place of irregular and old edifices.—Some fine warehouses, ornaments to any commercial city, now overlook our landing and the river, and give imposing impressions to the visitor.

REAL ESTATE.

Real estate is universally valuable. Rents are freely paid at very high rates. Lands that could have been bought two years since by the arpent, (one fiftieth less than an acre.) are now sold by the front foot. The increase in the suburbs, within this period, in value, will average fully one hundred per centum. It would seem incredible to your readers, were I to relate instances within my knowledge, of what is here rather investment than speculation, and the profits resulting from it.

RATES OF INTEREST.

Money has been bringing two per cent. a month here for three or four months, in some cases secured by trust deeds.

INVESTMENTS IN LAND—DESTINY OF ST. LOUIS.

In this connection I suggest the inquiry, Why do not eastern capitalists, burdened with surplus funds for investment, signify a willingness to double their profits by a sure investment in St. Louis? The old story of "western speculations" is a theme no intelligent man associates with St. Louis. The course of this city is predetermined, by a natural destiny, to be onward and upward. The location is the natural confuement of an imperial country. Agriculture, the basis of all greatness, has chosen St. Louis for her royal granary; and a fertility greater than that of the Nile shall supply it, from sources more extended than a soore of Egypt. I shall, in another letter, allude to the elements of her greatness.—What Moscow is to Russia, Vienna to Austria, Pekin to China—that, as certainly as a destiny is ever revealed to mortals, is the future of this city with respect to the interior United States.

MISSOURI.

A SONG OF '76, OR BEFORE.—Our friend Clark, of the Knickerbocker, seems to be in "high dudgeon" because of, as he says, the appearance in the columns of a weekly contemporary of an awful version of a song of his infancy. He says the true version of the verse is this;—

"A frog he would a wooing ride,
With a rigdum bully-milly kimo;
With sword and buckler by his side,
With a rigdum bully milly kimo;
Kimo kero, dolto kero, rigdum bully milly kimo,
Strim-stram, pumadiddle, billy-bonny rig,
With a rigdum bully-milly kimo.

Whether this is correct, we leave for the decision of our grandmothers, WHO USED to sing it to us in our baby days.

CHEAP POSTAGE, WHAT IT WILL DO.—It will induce the people to learn to write, and those who can already, to write more frequently.

It has been emphatically styled the "self-educator of the people."

The young will commence early in letter-writing, because the payment of postage will oppose no obstacle to their correspondence. It will create in them habits of thought, reflection and observation, and lead them to examine more closely and accurately the language they use in describing their thoughts. Lord Bacon has truly said, "reading makes a learned man, speaking a ready man, and writing a correct man."

We go in for cheap postage, the world over, and so do all

our sensible readers. Let every one protest, until we yet cheap postage, namely Two CENTS, prepaid, throughout the United States and all our Territories.

FLOGGING IN THE NAVY ABOLISHED.—Rejoice every mother's son, at this GREAT REFORM. The naked backs of our poor seamen are to be lacerated no more, by those inhuman barbarians, sometimes called "officers." What sort of punishment is to be substituted in place of the bloody lash, we have not yet learned, but it cannot exceed in cruelty the former flogging system. Now for another reform. We must, at the next session of congress, abolish the *liquor rations*, which cause so much mischief. Take away the grog, and you thereby banish the necessity of punishment of any kind. Two-thirds and a half of the floggings formerly inflicted, were in consequence of mischief caused by grog. If officers insist on the rations, give it to them, and the floggings with them.

"THE NEW DOCTOR."—A young doctor, "away down East," writes to his father as follows.—"Dear daddy, I concluded I'd cum down and git grinded into a doctor. I hardly dont think I was in more than 3 cum, afore out I cum as slick a wan as ever was seen.

Hale Columby happy land,
If I aint a Doktor, I'll be hang'd,
I pukes, I pukes, and I aweets em,
Then if tha di, wi then I lets em.

I gets plenty of custum, because they says they dize eazy. When you rite, dont forget to put doctor afore my name."—*Georgia Citizen*.

More scandal; who believes any such thing ever took place, especially "down east."

"He that will not reason is a bigot; he that cannot is a fool; and he that dare not is a slave."

READER—To whom is this language applicable? Certainly not to you, a BIGOT, FOOL, or SLAVE. We are unwilling to be classed with either.

Yet we fear there are to be found in the world, *bigots* and *slaves*, and by the violation of nature's laws, we have, unfortunately, a vast number of fools or idiots.

There are also, many who are only *foolish*, i. e. only *partially* so. No one who is not idiotic, has any cause to be a bigot; and why should any man be a slave.

We like the sentiment of the following quaint stanza, and commend it to back biters generally.—*Transcript*.

"What are another's faults to me?

I've not a vulture's bill,
To pick at every flaw I see,
And make it wider still.
It is enough for me to know,
I've follies of my own,
And on my heart that cure bestow,
And let my friends alone."

We wish our friends, the Allopaths, would let us alone, but if they won't, why then we shall give them a *ducking*, that's all.

INSANITY WITHOUT FLOGGING.—Senator Yulee, on Saturday, says a telegraphic correspondent, read from a report of one of the inspectors of our State Prison, an opinion that doing away with stripes and the substitution of other punishments induced insanity. We would be obliged to any one who will favor us with a copy of that report, or the name of the inspector referred to. We are curious to know the name of the man who thinks flogging necessary to preserve a *mens sana in corpore sano*.—*Evening Post*.

GRAMMERCY.—Dr. Graham, the dietetician, displayed his wisdom before the American Institute, by arguing that the two sexes ought to be kept entirely apart from each other in youth—that they should have no agency themselves in forming matrimonial alliances,—and that the future husband and wife ought never to see each other till after the match has been agreed upon and irrevocably fixed by the parents.—*Farmington Chronicle*.

We shall believe the above, when we have satisfactory evidence of its truthfulness.—*W. C. JOURNAL*.

THE STICKING PLACE.—It is said that a certain good old lady in Bridgewater, who was holding a religious controversy with a neighbor who was not of the same faith, either because she had the wrong side, or else was not so well skilled in argument as her neighbor, was obliged to concede one point after another, until at last there was nothing left but the question of total depravity. "There," said she, wrought up to fever heat, "you may talk to me till doomsday, and I'll never give up my depravity! I'll cling to that just as long as I live!"

A COOL IMPOSITION.—The Illinois Gazette publishes, under the above title, a paragraph relating to a New-York *Washing Pamphlet*, which has been sent by mail to a large number of persons, subjecting them to the expense of postage, of which they have just cause to complain. We have before warned our readers against this trick.

DOCTORING.—"Is there anything *really* the matter with you?" said an allopathic physician to a person who had sent for him.

"I don't know how it is," was the reply, "I eat well, sleep well, and have a good appetite."

"Very well," said the doctor, "I'll give you something to take away all that."—*Exchange Paper*.

AGRICULTURAL PRODUCTS OF ANTI-REFORM FARMER.—"Sonny, I don't see anything growing about here, what does your father raise on this land?"

"Wall, he raises hackmatack, grass-hoppers, hop-toads, tumble-bugs, and some other vegetables. Yesterday, he raised a double-breasted pig-pen right under the window, and mother raised Cain."

WATER-CURE AND THE CLERGY.—A disease is apparently raging amongst the clergymen of the different denominations in this country, which appears to be constantly on the increase. The only remedy yet found for it, appears to be cold water;—viz., taking a trip to Europe.

BOOK NOTICES.

TO BOOK PUBLISHERS.—The Water-Cure Journal having obtained a very large circulation, renders it a desirable medium through which to bring new publications into notice. We are therefore obliged to devote a portion of our space, each month, to a brief mention of such as the various publishers may please to send us.

MEDICAL WORKS will usually be carefully reviewed, while those on other subjects will be fairly yet critically examined, and their merits or demerits laid before our readers.

OUR JOURNAL is read by all classes, but it is *mainly* devoted to the interests of FAMILIES AT HOME, in all parts of the United States, and every book noticed will obtain a wide publicity. With these observations, we submit our Journal to publishers as a suitable medium through which to announce new publications.

THE FIFTH ANNUAL REPORT OF THE PRISON ASSOCIATION OF NEW YORK, which has been laid upon our table, is

an interesting and valuable document of 400 pages. The objects of this Association, as appears by the first article of its charter, are, 1st. The amelioration of the condition of prisoners, whether detained for trial, or finally convicted, or as witnesses. 2d. The improvement of prison discipline, and the government of prisons, whether for cities, counties, or states. 3d. The support and encouragement of reformed convicts after their discharge, by affording them the means of obtaining an honest livelihood, by sustaining them in their efforts at reform. In order that the purposes for which the Association was organized might be more fully carried out, an application for an act of incorporation was made to the General Assembly of the State, which was granted in 1846. The business of the Association is transacted by an Executive Committee, of which John W. Edmonds is chairman. This Committee, which reports annually, is divided into four subdivisions, viz: Finance, Detention, Prison Discipline, and Discharged Convict Committee. The Finance Committee manage the money affairs of the Association, and in their report show the following statements:

Receipts during the past year,	\$1,922 04
Balance on hand the preceding year	170 14
	<hr/>
	\$2,092 18
Of which was paid for sundry expenses of the Association the sum of	1,978 73
	<hr/>
Showing a balance on hand of	\$113 46

The funds of the Association are made up of the contributions of benevolent individuals, whose ideas of charity are not so extensive, but that objects of commiseration can be found at home, and who are willing out of their abundance to administer to the necessities of the erring and the sinful with the hope of once more restoring them to a respectable station in society. An annual contribution constitutes a member; \$500 constitutes a life patron; \$100 an honorary member of the Executive Committee; and \$25 constitutes a life member of the Association.

The Committee on Detentions report many cases where their interference has been deemed necessary to procure the release of persons unjustly charged and unlawfully committed, and in a city like this, such cases must be frequent. Did space permit, we should like to make a few extracts from the diary of their agent.

The Prison Discipline Committee complain, and justly too, of the opposition they have met with in the discharge of their duties by the prohibition to the examination of the prisons of the State. Measures have been taken to prevent this in future. The reports from the Keepers and Wardens of other states, are somewhat extensive and very interesting.

The Discharged Convict Committee report that their usefulness has been considerably circumscribed during the past year, for want of funds. The results of their labor, however, are such as to leave no ground for doubt as to the beneficial effects of their efforts.

The report of the Female Department of the Association is full and extensive. The correspondence from former inmates shows a seeming determination on their part to cease to do evil and learn to do good. Many have changed their course through the influence of kindness and humane treatment, and bid fair to spend the rest of their lives in usefulness.

The whole report breathes a spirit of determination toward improvement, and with the exception of a few points more particularly connected with the discipline, reform seems to have been the order of the day. But when we read of the cruelties that are inflicted by some of the keepers upon the

convicts under their charge, we no longer wonder that the Executive Committee found difficulty in obtaining desired information, as the prison authorities well know when they appear that "a chief's among them takin' notes, an' 'faith he'll pent 'em." But we are glad to see in many cases corporal punishment is entirely abolished, and the beneficial result of a kind and humane system of treatment is beginning to be realized. There is no doubt but in a very short time all Wardens who have any care for the moral improvement of their convicts, will adopt a mode of discipline in which they will be treated like human beings, and not like brutes. But we regret to see that reform does not extend to the Department of Medical Treatment. Here, like everywhere else, it appears to be difficult to resign the old methods of treating diseases, and we see no instance of the Hydropathic system being introduced. But have patience, friends; it takes a long time to reform old established customs—but we perceive that the effects of *baths* are by some of the Wardens spoken of in the highest terms—the physicians wouldn't mention such things of course. In the next report we hope to see that the convicts of at least one prison are treated when sick upon the true Water-Cure principle.

THE BOSTON ONE LINE PSALMIST, embracing DAY & BEAL'S new Musical Notation and Sight singing Method, by which classes, schools, and choirs, in a few lessons, become better readers of music than common singers do the old way during life. Also, a large variety of SACRED MUSIC, new and old, by German, English and American composers, comprising tunes in the usual metres and keys, together with Sentences, Anthems, and Chants, by H. W. DAY, A.M., President and First Professor in the Boston Photographic Musical Institution. Boston: Published at at No. 8 Court square.

THERE, reader, you have the complete title of this remarkable book. What more can we say of it? Simply that we *hope* it shall prove to be as great an improvement on the old method of teaching *everybody* to sing, as its friends claim. We have confidence in the *integrity* of many whose judgment may be warped, biased, or prejudiced; and as we have not yet studied this new system of teaching music, we cannot consistently pronounce a decision, as to its claim of superior merit.

We will add, however, that it will be quite safe for those who are particularly interested in teaching music, to TRY the ONE LINE PSALMIST.

THE ALPINE GLEE SINGER, a complete collection of secular music, in four vocal parts, for choirs, singing classes, and musical societies. By WILLIAM B. BRADBURY. New York: Mark H. Newman & Co., publishers.

We have, in this choice collection, popular songs harmonized, melodies, popular German people's songs in parts, original pieces, Flora's Festival, the Vocal Exercises and Scales, and in fact every improvement which the present advanced musical experience can suggest. The author says, "It has been our constant aim to make the heart better and the life happier, in endeavoring to bring out and cultivate the better feelings of our social natures, by calling to our aid the powerful influence of BEAUTIFUL MELODY and SWEET HARMONY."

The influence of music on the sick is sometimes most potent, and if the spirit of the music be well adapted to the patient, great good will result therefrom. A hopeful and animated selection should be made when the patient is prostrate and sinking,—never melancholy, or on a minor key.

HARPER'S NEW MONTHLY MAGAZINE continues to grow in popularity, although it has reached a circulation surpassing that of any other of its age.

This Magazine will doubtless take the lead in this country, as it will be adapted to the greatest possible variety of tastes. SCIENCE, LITERATURE, and ART, will be brought out in a cheap yet durable form, and placed within the reach of "the million." We would suggest to the editors the propriety of introducing scientific subjects, somewhat after the manner of "CHAMBERS'S INFORMATION FOR THE PEOPLE." This, we are confident, would be responded to by our working classes, who prefer to read on subjects of real utility, rather than on higher subjects, such as romances, poetry, tales, &c. The "New Monthly" is printed on the most beautiful type and paper, illustrated with fine wood engravings.

THE OREGON SPECTATOR—A semi-monthly Journal, devoted to the Moral, Social, and Literary interests of the people of Oregon. ROBT. MOORE, of Oregon City, O. T., Proprietor. Terms invariably in advance. One copy, per annum, \$5

"Westward the Star of Empire takes its way."—Thus says the Oregon Spectator. The paper before us is a fair specimen of New England or Yankee enterprise, for the proprietor is evidently an "Eastern man with Western principles." We hope his paper will be liberally patronized, and serve as a directory to the tens of thousands who are yet to become citizens of this great and glorious territory. We hope our hydropathic friends in Oregon will see to it, that the "Spectator" is well sustained.

ARTHUR'S HOME GAZETTE.—T. S. Arthur, editor and proprietor, Philadelphia. Terms \$2 a year, in advance.

This is a weekly Family Newspaper, of good size, and unexceptionable character and proportions. Who has not heard of T. S. Arthur, and who ever heard his name spoken, except to praise? Although a writer of novels, does he not always impress his reader with a generous love for humanity? Read his temperance tales. We have no doubt but what great good will result from the circulation of Arthur's Home Gazette. See his Prospectus on the cover of our September number.

THE AGRICULTURIST'S GUIDE, and ALMANAC for 1851. By a Practical Farmer. New-York: J. G. Reed. Price 12½ cents.

The Calendar of this Almanac are duplicates of those used in the Water-Cure Almanac, and are adapted to the United States and the Canadas. There are about one hundred pages devoted to subjects of special interest to every farmer, and the trifling sum which is charged for it, (a York shilling) could not be better spent. Of course, everybody ought to have it.

THE KNICKERBOCKER, or New-York Monthly Magazine, edited by LEWIS GAYLORD CLARK, published by Samuel Hueston. Terms, \$5 a year, in advance.

Besides upwards of ONE HUNDRED CONTRIBUTORS, composed of the leading writers in America, this Magazine presents its readers with the richest monthly repast of *FAN and FANCY*, that can be found on the continent. The "Editor's Table" always overflows with old and new anecdotes, which seem to please everybody who have the felicity of reading them. In fact, the "Old Knick" is the only GENUINE PUNCH we have in America.

THE LIFE AND SPEECHES OF PATRICK HENRY.—A publisher has left a lot of this every-young-man's Book at the office of the Journal, for sale, price 75 cents.

THE WATER-CURE JOURNAL.

SELF TREATMENT WITH WATER-CURE.

BY E. A. KITTREDGE, M. D.

I SAID in my last that the main thing or the first great requisite in applying the water-cure was to have good judgment, for without this rare possession you are as likely to do harm as good, and a little more so.

It is the stupid adherence to routine practice that often brings the water-cure into disrepute. A man may be ever so well versed in book knowledge, yet, if he be not possessed of good judgment, his learning will avail him but little.

For instance, the books tell you that wet sheets are good to allay nervous irritation and cool down fever; well, so they are if properly applied, but otherwise they will increase both. What is one man's meat is another man's poison; what will soothe one man will irritate another.

The books say that sitz baths are good for all diseases of the digestive organs, and so they may be, if taken properly and at the proper time.

But the how and when to take them!

It is not in the power of books to tell precisely how long a man shall sit in a tub of water and get nothing but good from it.

This depends upon his constitution, the particular phase of his disease, and the length of time he has been afflicted.

For instance, a person with certain conditions of the stomach cannot take a sitz bath with impunity under four or five hours after a full meal, simply because his food remains in the stomach an hour or two longer than it ought to; but the general rule is to take it three hours after eating. Sitz baths, be it remembered, always affect the stomach, and should never be taken on a full meal, unless merely to cool off, which would be better done some other way.

Again, a person of delicate, irritable constitution might be seriously injured by sitting in a sitz bath thirty minutes, which is considered necessary in certain chronic conditions of the liver, &c., and in ordinary cases is decidedly beneficial. So it is with wash-downs. What will suffice to cool one patient down sufficiently after a pack, would not be a circumstance towards the accomplishment of this all-important object in another. Hence the great discrepancy of opinion, as regards the effects of water by the laity and not a few of the "faculty."

Oh, says one, I tried sitz baths for my dyspepsia, and the more I tried 'em the more I didn't get no better!

But how did you try 'em!

Why just exactly as you yourself told Mr. — to use 'em!

Yes, madam, said I, but allow me just to insinuate that there is as much odds in folks as

in anything! and that Mr. —'s dyspepsia and yours are as different as Jenny Lind's singing and a common hand-organ. Mr. — is a great fat, bloated alderman, who has lived on venison pastry, turtle soup, and rich viands of every description, washed down by gallons of wine, brandy, &c., till he is absolutely in danger of spontaneous combustion, and nothing short of three halfpails of cold water applied for twenty-five or thirty minutes, would have any effect in relieving the terrible inflammation existing in his much abused stomach.

You, madam, are the victim of an ill assorted union, brought into the world with a constitution which has the curse of scrofula and violated law indelibly inwoven upon it, have been reared with a view to show and a market, and, like other hot-house plants, when exposed to out-door life you wilt and wither.

The winds of heaven visit you not more roughly than they do your neighbors, but while they pass unscathed, you are prostrated, simply because you have no power to sustain yourself, no stamina within.

Compared with the alderman, your life has been as an anchorite's to a gourmand's; but like him you are prostrate, but, unlike him, you have fallen from want of sustenance or capability of receiving it so as to nourish you, he from too much; he has too much tone, you not enough. Now, need I tell you that your treatment should be altogether different!

The water necessary to quench his internal and infernal fires, would extinguish entirely the feeble spark within you. In other words, the trouble in your case is irritability, caused by debility; in his, inflammation, produced by intemperance.

The treatment in your case would be to soothe by tepid baths the irritability, being careful not to have them carried too far, as they would produce debility. A five minutes sitz bath, at a temperature of seventy, and a rubbing wet sheet or a pack of twenty minutes perhaps, would be the first things; afterwards, slight wash-downs in water colder and colder by degrees, the gentle plunge, and the moderate douche, would make you as well as it is possible for you to be.

In the alderman's case, buckets and buckets of water, nearly cold, will have to be used to bring down the circulation, reduce the heat, &c.; sitz baths, long and deep, and oft repeated, will also be needed, and hours of sheet-packing will be necessary, week after week, to restore the long abused nervous system to its equilibrium.

In short, as in the one case debility has produced the irritability, and needs to be removed before the irritability will cease to come, so in the other must the irritability which has produced the debility (of stomach) be first reduced.

We often hear persons say that they have

tried bathing mornings, and that it made them worse. Well, I don't doubt this, but did they do it right? or long enough?

I am very much mistaken if, should they persevere till they got the right temperature, exercising well, and *immediately* after it, they would not always find it beneficial, though, perhaps, like the acting Editor of the Boston Medical and Surgical Journal, they have no particular fancy for cleanliness, or don't care about having such practices prevail, for the same reason that shoemakers would discourage the practice of going barefooted!

My advice then to home doctors is, to be very sure, before they commence "practising" upon anybody, that they understand the principles of the water-cure; if not, all the cases they ever heard of may not avail them; in fact, they will probably do them more harm than good, from reasons above stated.

I heard of an old man once who always swallowed a bullet when anything ailed him! The last time he swallowed it, it proved a swallow too much, as his case happened to be intromission of the bowels—which is the shutting in of one portion of the bowels into the other—and of course the specific gravity which the old man relied on to "put things through," only put the upper portion of the intestine still farther into the lower, and he died.

Active cathartics, which the allopaths give in such cases, have the same effect generally.

But how shall we get "the principles?"

Why, by study and observation.

Be sure you are capable by nature and education to understand such things, have a proper knowledge of anatomy, physiology, &c., and then get all the books you can find on the subject, read and ponder, select the good and leave the rest. If you are good, perhaps I'll write a book of purpose for you. Ain't I clever? More anon.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 12.

THOUGH living before the era of Priessnitz, the writer of these articles was not ignorant of many of the properties of water in the external and internal treatment of disease. From Esculapius downward, it had been freely used, and the mode of its application discussed.

Forbes remarks that in 1700 Sir John Floyer and Dr. Baynard, used water freely as an external application, but preceded by a course of physic. Sir John supports his views by the citation of numberless learned authorities, from the Bible to Dr. Mead. Both writers mention the occasional practice of persons bathing in their shirts, and wearing them the remainder of the day without drying; and also give instances of cases relieved by the application of a wet towel.

Baynard, in support of his hydropathic views, says, "I conceive life to be an actual flame; as much flame as any culinary flame is, but fed by its peculiar and proper fuel, made out of the blood and spirits for that purpose. It is as ex-

tinguishable as any flame is by excluding the air. When the lungs or air-strainers of the body have taken out of a certain quantity of air all its fuel, the flame will go out if more be not supplied." He supposes that food and air, acting as fuel to the flame, leave behind in the body, on the various membranes, in consequence of this combustion, salts and acrid substances, which the sweat dissolves and throws off. "I look," said he, "upon the pores and sweat vents as so many back doors and sallyports, by which nature drives out the enemy crept into the garrison." Of course, when this perspiration is clogged, disease sets in and the best means of cure consists in giving enormous quantities of water, which will dissolve the acrid matters, wherever they may be, and thus thoroughly cleanse the system, open the pores, and restore health. And he practised accordingly; though, holding such views, why he should have used drugs of any kind, is certainly strange.

Lanzani, who represents the Italian practice in this respect, published a book in 1723, wherein he represents the true method of using cold water to consist in its internal administration, in very large doses, in certain stages of fevers. Many of the Italians cure intermittents by continued doses of cold water. In Moore's life of Lord Byron, a letter is preserved from the noble poet to his publisher Murray, wherein he tells of an effectual cure by this method, in a short time, when his gondolier, a stout healthy man, suffered under the apothecary's drugs without benefit for over three months.

DR. CURRIE'S PRACTICE.—James Currie in 1815 wrote a work on the effects of cold and warm water as a remedy in fevers and other diseases, in which he strongly recommends immersion at the commencing stages of fever, and in acute affections of the nervous system. Forbes remarks that he cannot be said to have forestalled Priessnitz in any other respect, than in the prompt and energetic use of cold water in the suppression of acute febrile and nervous affections. He placed in a clear light some points of practice on which some important errors previously prevailed, such as the safety of cold applications when the body is heated beyond the natural degree, and the relative value and safety of cold or tepid water, of immersion, affusion, and ablation; on these points his work being of great practical value.

WATER IN REGULAR PRACTICE.—Before the time of Priessnitz, water in its cold form was recommended as a valuable tonic, used with many restrictions, in nervous debility, and other analogous states; and in its warm form its use was limited to the allaying of irritation in certain disorders, the more formidable symptoms of which were encountered by other remedies. "Beyond this," said Forbes, "the medical profession have hitherto done little or nothing with bathing as an instrument of cure; and there is reason for believing that a vast superfluity of caution has existed in the employment of this remedy, and that some of the supposed cautions

have really increased instead of diminished the danger, as well as destroyed the efficacy of its application."

WILLIAM PENN'S ACCOUNT.—The water-cure practice of the North American Indians, is thus described by Wm. Penn: "I once saw an instance of it, with divers more in company. For being upon a discovery of the back part of the country, I called upon an Indian of note, the Captain-General of the clans of those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a bagnio for him. The bagnio resembled a large oven, into which he crept by a door on the one side, while she put several red hot stones in at a door on the other side, and then closing up the doors and apertures, excluded all air. Now, while he was sweating his wife with an axe was cutting her husband a passage into the river, for the ice was very thick, in order to the immersing himself after he should come out of his bath. In less than half an hour he was in so great a sweat that when he came out, he was as wet as if he had come out of the river, and the steam of his body so thick that it was hard to discern any body's face that stood near him. In this condition, stark naked, he ran into the river, which was about twenty paces, and ducked himself twice or thrice therein, and so returned, passing through his bagnio to his own house, some twenty paces farther, and wrapping himself in his woolen mantle, lay down at length, near a long, gentle fire, in the middle of his wigwam, turning himself several times until he was dry, and then he rose and fell to getting us our dinner, seeming to be as easy and well in health as at any other time."

VINCENT PRIESSNITZ.—This medical reformer was originally a small farmer, residing in Graefenburg, in Silesia. A succession of trifling accidents in early life, led him to employ water for their cure, and so successful was he, both with himself and his neighbors, that his fame gradually spread, and after a while he received pay for his labors. From simple villagers he had at length nobles for his patients, by whose means he became gradually possessed of an enormous establishment, capable of containing several hundred patients, which for years has been crowded with ladies and gentlemen of every degree and of every nation; while thousands of his followers have set up similar establishments in their own countries.

MODE OF TREATMENT.—He ranks as the first one who comprised his whole *materia medica* in water alone, and he makes this apparently inert remedy act as a stimulant, sedative, tonic, purgative, astringent, dietetic, styptic, febrifuge, diaphoretic, alterative, and counter-irritant. In his first interview with the patient, after hearing sufficient to give him a rude insight into the locality and general features of his malady, Priessnitz proceeds to investigate its suitability to the water-cure. He does this by sprinkling the surface of the body with cold water, or wit-

nessing the taking of a cold bath, and then watching its development of reaction. If this appears in a certain amount of activity, he pronounces the case appropriate for his treatment: if not, he advises the abandonment of all hydro-pathic intentions. Forbes sees no decisive reason for not pronouncing this method as good a guide as the orthodox custom of feeling the pulse.

RUBBING AND PACKING.—If Priessnitz thinks the patient strong enough to undergo the water treatment, no time is lost in applying it. Early in the morning an attendant enters the sick-room, throws a wet sheet over the person, and over it rubs the whole body rapidly until a glow is excited. The patient then dresses and takes a long walk. In some cases perspiration is excited by enveloping the patient in blankets, and then the cold sheet applied, or water poured on the body from pails, or a plunge taken into a cold bath; either kind followed by friction, dress, and exercise, as before. When the object is only to excite a glow, and not perspiration, the body is simply packed in the wet sheet, and when the reaction ensues, bathed in the cold bath. The sitz bath, shower bath, hand bath etc., need no explanation. In all cases of fever the patient is enveloped in a succession of wet sheets, renewed as often as they become warm, for a period varying from half an hour to six hours, or more according to the violence of the symptoms: cold washing and immersion are also resorted to for the same purpose. The *compress* is a cloth wetted with cold water applied nearest to the seat of disease, securely covered, and changed as often as it becomes dry.

DRESS OF WATER CURE.—Priessnitz does not allow his patients either to wear flannel or take any kind of drugs whatever. The diet is generous, consisting of meat, milk fruits and vegetables, and no restriction as to quantity. Stimulants of all kinds, as spices, wines, tea and coffee, are forbidden, and nothing hot must be taken into the stomach. Exercise is taken at once upon rising from the table. Water is drunk during the day in large quantities, varying from a few pints to gallons.

RATIONALE OF THE WATER-CURE.—Rausse, a celebrated German writer on this subject, considers water as the one great element necessary to preserve health and cure disease. His theory is as follows:

RAUSSE'S THEORY.—Nature has built her system upon one great fundamental principle, which is the power given to all bodies to assimilate or work up to their own use all other bodies; and this law applies equally to inanimate as to animate beings. This power serves as a mutual protection of one against another, and is so contrived by nature that each shall grasp of the other only what is necessary to be thrown off.

Thus organic bodies require two conditions for existence—substances to act upon, which they can incorporate into themselves; and substances in turn acting upon them, by which these excrementitious matters may be removed. De-

prived of the first, they would starve and die from inanition. Deprived of the second, their bodies would become clogged up, and they would equally die, in consequence of the corruption and coagulation of the juices.

All organic bodies are constantly changing their substances, throwing off the old elements and receiving new into their places. Anything solid in the body must be converted into the liquid state before it can be thrown off: hydrogen possesses the power of making soft the solids, and oxygen of hardening the liquids, and thus rendering them fit for service as solids. Water is composed of the two gases, hydrogen and oxygen; therefore its presence is necessary in health to carry on the operations of life, and in disease to carry on the processes of cure.*

TRUE EXPLANATION.—All substances act upon the life power, and the phenomena resulting from that action are solely produced by it upon the solids of the body: we say solids, for the fluids must be made or secreted by their agency, and these secretions are carried on in obedience to the mandates of the nerves, which carry orders from the brain. The Water-Cure, in addition to its cleansing powers, acts mainly because it is a vehicle of heat, and thus capable by skillful management of suddenly elevating or depressing vital actions. By this means the original impression under which excitability labored is replaced by a new impression, any ill effects resulting from which the *vis medicatrix* is able to obviate. Many of the American Water-Cure practitioners found their principles of practice, like Hippocrates, on the existence of the conservative power, disdaining all humoral explanations about the impurities of the blood, and unhealthy secretions causing disease. As Dr. Forbes remarks, the Hydropathic plan can only be fully acted upon in establishments expressly for this mode of treatment. We have many such in the United States, and the number is constantly increasing, and they are daily gaining the respect and confidence of the community. As a means of preventing disease, Hydropathy is entitled to all praise, and there are thousands of living witnesses to its efficacy, who, by constant bathing have become inured to the changes of atmospheric temperature, and who, fearless and unbundled, discard all invalid notions.

MESMERIC PRACTICE.—This has been practised in all ages and times, and enters as an ingredient in both the Homœopathic and Water-Cure systems. Hahnemann directs the patient to be stroked in some cases, downward with the palm of the hand, until relief is obtained. And Priessnitz orders that the attendant who does the rubbing over the wet sheet be strong and robust. To the nervous fluid of the operator the tractors of Perkins and rods of Mesmer alike owed their power.

CHRONO-THERMAL SYSTEM.—"Fifteen years ago,"

says Dr. Dickson, "it was my fate—I can scarcely call it my fortune—to make two most important discoveries in medicine, namely, the periodicity of movement of every organ and atom in living bodies—and the intermittency and unity of all diseases, however new, and by whatever produced. To these I added a third—the unity of action of cause and cure, both of which involve change of temperature. Such is the groundwork of the Chrono-Thermal system—so called from *Chronos*, time, and *Therma*, heat. This I gave to the public in 1886. Then, for the first time I announced the appalling fact, that up to that hour, the professors of the healing art had been to a man in all but utter darkness on the subject they pretended to teach. Thirty centuries and upwards the blind had been leading the blind in medicine.

THE BLOOD ALIVE.—"It was once a question," says Jackson, "whether or not the blood be alive. John Hunter, to the conviction of everybody, proved it to be alive; and every drop that artificially leaves the system is a drop of life. He who loses a pint of blood loses a pint of life."

CHRONO-THERMAL PRACTICE.—Of course the vital fluid is most carefully cherished, and no bleeding ever performed even in apoplexy, but contrarywise stimulants prescribed. Dr. Turner mentions the case of a wealthy merchant, "who was greatly alarmed by a sudden numbness on one side of his head, one arm, and one leg. He started for his physician, but met on the way another, to whom he told his case, who told him he must lose a pint of blood. Imagine the patient's surprise, upon reaching my brother Chrono's office, at receiving from the hands of the doctor, not a bleeding and deliquium, but a brimming bumper of Champagne! Confiding in his friend, he quaffed the unpalatable draught without hesitation, and in a few minutes rubbing his leg and arm, exclaimed he was better. "I told you so," said the doctor, "now you may go home and take another glass at bed-time." The gentleman did so and has had no palsy since.*

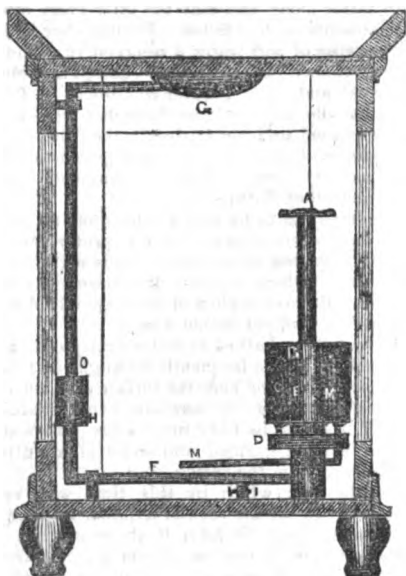
CONCLUSION.—And now we would ask the reader is it strange that medicine is considered as an incomprehensible study, and its practice a work of mere chance. It is evident that no other science requires such an amount of both theoretical and practical acquirements, and yet the majority of its cultivators pride themselves on being ignorant of the former. The author of these articles began life a perfect bigot, with but one redeeming trait, a love of truth, which once discovered, induced him to embrace it wherever found. The observation of nature for himself gradually expanded his views; every succeeding year in his practice saw the lancet less used and the drugs more seldom given, and with the gratification too of increased success, until at last the bigot was liberalized, willing to judge his fellows by the metal and not by the artificial impress stamped

* The probability is, that this patient had no palsy before, and a glass of (colored) water would have answered the same good effect.—Ed. W. C. J.

* For a complete elucidation of this theory, see WATER-CURE LIBRARY, 1850.

upon it. He learned at length that there was as much quackery in the profession as out of its pale, and now, quaker-like, keeps on his hat when passing alike the Academy or the Root shop.

COLD SHOWER, WARM SHOWER, AND VAPOR COMBINED BATH.



THIS Bath is the invention of MR. JEREMIAH EASEX, of Bennington, Vt., and was patented on the 25th of last September. Its utility, as will be observed by the description, is beyond all question. This is an inside elevation, showing the whole arrangement. By it a person can take a cold or warm shower, or a vapor bath, at pleasure.

The outside casing is the box of the bath, which may have screen sides like the common kind; and the tubes below, as they are small and lying on the floor (the one, F, may run below the floor,) can be of no inconvenience. C is a small circular vessel of water surrounding the tube, E, seen in section, and communicates with it by a small opening inside, near its bottom. When the tube, E, is nearly filled, the vessel or chamber, C, contains water to the same height. F is a conducting pipe extending up into the tube, E; and A is the handle of a piston, which extends down into E, having its lower end made to force the water up through the pipe, F, past the valve, H, into the shower vessel, G. This gives a cold shower bath. To make a warm bath, D is a lamp placed under the vessel, E, which heats the water, when it may be forced up as in the cold shower.

To make it a vapor bath, the pipe, M, seen partly in section, is attached near the top of the vessel, C, and it has holes at its lower end to let

the vapor escape into the chamber. When used for a vapor bath, the piston should be withdrawn, and the inside hole in the vessel, C, closed up, when the lamp will generate the steam in a short time. The top of the vessel, C, to the tube, E, is made of a funnel shape, as represented by B, to allow the water to be easily poured in. I is a faucet to drain off the water that may be in the pipe, and there is an attachment to the outside of the valve case, O, to lift the valve, H, to drain off the water above.

The different parts of this bath are very simple, to accomplish its triple object. The lamp burns spirits, is always clean, and gives out a great heat, to do its work rapidly. More information may be obtained by letter (*p. p.*) to the patentee.

By the politeness of the gentlemanly publishers of that excellent paper, the *SCIENTIFIC AMERICAN*, we are permitted to use the engraved illustration at the head of this article.

We have not examined this newly invented Bath, consequently, cannot give an opinion in regard to its merits, yet we take pleasure in calling the attention of our readers to the fact of its existence, that they may try it, prove it, and, if it shall prove useful, to recommend it.—*W. C. Journal.*

COXALGIA AND SO FORTH.

BY JOSEPH S. BURR.

ON 21st of July last, I was called to the wife of Joseph Kirby, who resides some six miles from our village, and found her severely afflicted.

They gave me the following history of her case. Two weeks ago she was brought to bed with her first child,—nothing peculiar occurred at the time, nor was she more than usually amiss for three, four, or five days afterward. However, some weeks previous to her confinement, she experienced weakness in her right leg, by times some pain in hip joint, extending down the limb (especially on the inside) to the knee, and occasionally to the calf of leg, and to the heel; so as to discommode her some in walking,—causing her to halt or limp a little betimes, and occasionally, considerable. When most on her feet worse than when sitting or laying down. Whilst confined to bed after delivery, she felt but little amies in the limb, but as soon as she began to set up, and especially when she attempted to walk, found the same old difficulty existing in hip, leg, and foot, which in a few days became worse, (though her general health was tolerable, and continued to improve moderately,) until the pain in the knee and calf of leg became intolerable, attended by times with some swelling, and much soreness on pressure wherever the pain had been, which however changed alternately to and from almost every point from the hip to the foot: in which condition she had been several days previous to sending for me, growing worse continually, and the limb now entirely useless.

At once I suspected coxalgia, or disease of the

hip-joint. The symptoms when I first saw her were entire inability to move the limb in the least as she lay upon her back, the pain in the knee *exceedingly severe*, and nearly equally so in calf of leg; both of which were some swollen; also top of foot quite puffed up. An exsanguineous surface all over, and preternaturally *hot and dry*, the pulse much accelerated in frequency and force, hard, full, and bounding, not easily obliterated by pressure at wrist. Tongue mostly covered with a whitish yellow coat, except centre, which was brown,—tip and edges very red, the whole organ dry and clammy—pupil of eyes dilated—heavy, throbbing, half aching state of head—betimes some delirium, with low incoherent muttering when dozing. Quite comatose, though she had not been known to have slept for several day and nights. Entire abhorrence for everything like food, and but little desire for drink. Sick at stomach, (and very tender on pressure,) with sense of sinking weakness, and yet feeling of unusual fullness. Bowels constipated. Urine small in quantity and *very high colored*, and passed with difficulty, attended with heat and pain. The lochia still continues, though very vitiated and fetid. Some precidentia uteri, and tumefaction of os uteri, with much heat and tenderness of parts. Left mamma, and most of the side of trunk, badly excoriated and red as scarlet, with the constantly discharging ichorous fluid from the breast.

When both legs were brought in a straight line with the centre of the body (which was excruciatingly painful to the diseased one) the diseased leg was found to be at least an inch *longer* than the other, as was manifest by the inner malleolae, and condyles of the femur. The toes of diseased leg turned outward as she lay upon the back; calf of leg and knee too tender to admit of touching enough to move it; hip painful and sore to pressure, especially back of trochanter major; unceasing pain in groin, knee and leg; hip some swollen. The spine I could not get at to examine, in consequence of the severity of the pain in attempting to move her.

In so formidable a case, what should be done?

Having in the main been a *regular* physician for twenty-nine years, you may readily suppose that in the emergency of the occasion, I at once adopted a *thorough* allopathic treatment.

On the 24th I visited her again, and found the symptoms much the same, except the excoriated breast and side some better, from the lotions of nitrate of silver and sugar of lead, but the hip had become by this time enormously swollen, which extended far to the adjacent parts, and exceedingly hot.

I retired to the grove, and reflected that I had treated, and known others treat several cases of this same hip-joint disease by the *regular* practice, and not one of them *cured* in the proper sense of the term—several had died, and those who had barely lived it through had been left with a permanently stiff hip for the balance of life, with almost useless limb—therefore I could not in this case flatter myself with any reason-

able prospect of success by continuing the allopathic course. I felt fully convinced that now the hip-joint would ulcerate, the bones in all probability become carious, and the final result, at the end of months or years, be doubtful as to life, but certain at least to leave the hip-joint ankylosed.

I also recollected that within the last year or two I had performed some very important cures with water alone, and that too after every other available means had failed. Finding they had a good spring of soft water, I resolved to abandon the use of medicine altogether (except as below set forth), and adopt a water treatment. I fully and candidly reported the foregoing reflections to the patient and her husband: they cheerfully coincided with my judgment, and agreed to fully carry out any course I would recommend, which agreement they faithfully executed.

I ordered her to be well scrubbed off all over with lukewarm saleratus water, pretty strong, followed by long continued rubbings with coarse dry towels, which, for the first time since she was unwell, gave a glow of fresh or red color to the surface, and yet cooled it to the bone.

I ordered her bathed in water nearly cold, and well rubbed off, as frequently as might be found necessary to get and keep the surface cool, and the excessive action of the heart somewhat subdued, even if it should be forty times a day; the water at first a little warmed and some alkali, afterward fresh from the spring.

To the hip (which by this time was very sore and raw by the counter-irritants applied) I ordered a sheet 16 folds thick, wrung out of water direct from the spring, over which a strong thick dry bandage was applied pretty tight, which was to be renewed every hour or two, so as not to be found much warm at any time. Into the bowels I had 12 ounces of water direct from the spring injected each morning and evening, and caused to be retained long enough at least to become warm. Into the vagina I ordered injected every four hours, alternately, a cold solution of chloride of lime, and a cold decoction of wych hazel leaves (*Hamamelis Virginica*), enjoining her to drink freely of fresh spring water, but make no attempt at eating until she felt hungry—which happened in about two days.

My object was to extract heat from the general system, but especially from the hip and its vicinity, to the greatest possible extent, not only by evaporation, but especially by the direct applications; hence the *cold* lotions, cloths, injections, and drinks. I aimed to get up and maintain the *sedative* influence upon the hip and adjacent parts, until the danger of ulceration was past.

Could I have done better in any respect?

I have often heard and read of medicine "acting like a charm," but I never saw any treatment prove more so than the above. The first application thereof immediately cooled the surface considerably, calming the feelings, and was very grateful to the patient, and so continued throughout. After a few applications, she needed no prompting, but herself would call for its application. The whole diseased action seemed

at once to be held in suspension, and soon abated most obviously, not only in her feelings, but in all the symptoms. In two or three days all pain, and much of the preternatural heat of skin, and undue action of heart was subdued, and returning health was manifest to all around; and now, in seven weeks from the time I first saw her, she is doing her own work, and has been for two or three weeks to some extent.

I treated her in all ten days—seven by water. However, she kept up the bathing, sponging, &c. some time after I quit visiting her.

PORT WASHINGTON, OHIO.

CASES OF WATER TREATMENT AT HOME.

CHILDBIRTH—TYPHOID FEVER.

We take the liberty to make the following extracts from a letter of one of our subscribers in Wayne Co., Ohio, for the purpose of showing to our numerous readers that the practice of relying upon the physicians for medical treatment is entirely useless. All that is necessary is to acquire information as to the proper mode of applying water, and then all "the thousand ills that flesh is heir to" may be set at defiance, without the use of calomel, opium, lobelia, or any of the other drugs which are at present so freely used, and that too without danger of the deleterious effects which so generally accompany their use.

On the 26th of June my wife gave birth to her fifth child. She had practised bathing once a week for six months previous, and amid many prophetic warnings, like—"you had better be careful with your cold water, you will surely kill her," &c., she was about half way treated Hydrophatically during parturition and confinement. The result was as follows: The severity of labor was much less; the amount was not so much as had been usual with her. The after-pains were diminished more than one-half in number, and a considerably in severity. She was up and able to work in half her usual time—up and about in three days, and perfectly well in six days.

On the 9th day of September one of my neighbors sent for me. I went to see him, and found that he had been in bed for five days with a very high fever, during the after part of the day and night, with remission in the early part thereof, and suffered most intolerable pain in the back, head, and legs, with slight delirium. He had done nothing for the fever; and as he had no confidence in the doctors, would not employ them, but getting continually worse, and knowing that I had advocated the Water-Cure principles, and studied them, he concluded to send for me. He was treated according to the best of my knowledge and judgment, being but a tyro in the business. The result was that in two weeks he was perfectly well—being less than half the time that others with the same disease were under Allopathic treatment.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with Notes and Additions by NICHOLAS T. SORSBY, M.D.

(Continued from the October No.)

DIPPING AND RUBBING THE TEETH WITH SNUFF.

"Want of decency is want of sense."

My love and respect for the female sex almost induce me to suppress these lines, describing one of the most disgusting habits to which American females are addicted; but a clear conscience and a better judgment say go on, for their own good; if they are immodest enough to be guilty of such things, they will hardly blush and scold on being told of it. Hoping this article may be the means of guarding some fair one against the spell-bound fascinations of this unfortunate habit, and of inducing some of those who are already enchanted by the use of the "filthy abomination" to abandon it, I ask the pardon of the sex for submitting it to their consideration.

The following is a graphic description of the custom among the people of the section of our country where apple brandy and tobacco were formerly the principal articles of commerce and of home consumption, and horse-racing and cock-fighting the greatest sources of amusement.

A raw and wild Irishman chanced, on a certain Sabbath, to attend preaching at the Baptist meeting-house at *Peach-Tree*, in the country and piney woods, not far from Tar river, in the county of —.

Paddy took a seat in the church. The preacher rose, cleared his throat, spit first on one side, and then on the other, hemmed and hawed, gave out the song, in which all joined in singing, except the astounded Catholic Paddy. That done, the Bible was opened, the preacher spit again, again, again, and wiped his mouth, and read, "*Eat, drink, and be merry, for to-morrow ye die.*"

Very appropriate, thought Paddy, as he understood a horse-race and a cock-fight were to come off close by next day.

The preacher commenced his discourse in a droll kind of way. Paddy was all attention and observation. "*Eat, drink, and be merry,*" was frequently repeated. Soon the men drew from their coat-pockets large twisted plugs of home-made tobacco, the boys followed suit, and each came near twisting their heads off, Paddy thought, biting a mouthful off of the smaller end. At the same time the women drew from their "*reticules*" large, square, black, wide-mouthed bottles, and long sticks with a mop at one end. What next, thought Paddy, for he had lost the thread of the discourse in watching those large twists and black bottles. The men chewed voraciously, and the ambler flew over the floor, against the logs, and through the cracks between the logs of the meeting-house. The women drew the stoppers of their bottles, held the bottles firm in the left hand, whilst with the right hand they passed the mop of the long sticks from one side of their

mouths to the other, and then half down their throats, gave them a thorough sucking, and drew them out dripping with saliva, stuck the mop down the neck of the bottle, and withdrew it double the size, with a black powder that looked to Paddy like coffee-grounds, or chocolate; into their mouths goes the mop again, flies from one side to the other, and then to the centre, where it rests for another sucking. Now and then, when the preacher stopped at the end of an eloquent sentence, at the top of his voice, to take breath and to spit, (a period of excitement for the hearers,) a fit of coughing, hawking and spitting seized the audience, and for a few minutes nothing could be heard but a discord of "sweet sounds," amid a shower of saliva and ambler spattering on the floor of logs. Then away flies a quid of tobacco, and down goes the women's mops into the bottles, and out into their mouths, with their heads leaned back, they eat sucking and fanning, as happy as saints. "*Eat, drink, and be merry*," and these *manipulations* of the women being continued and repeated for an hour, Paddy became restless and sick, and left the meeting-house to go and throw up his breakfast, not being accustomed to a tobacco atmosphere.

This was a novel, disgusting, and sickening sight to Paddy. The sermon was an hour and a half long; and I need not say that many got happy and "merry" before it closed, shouting, "Glory, glory to the Redeemer," such as Paddy had never before heard.

During the excitement, at the close of the sermon, you may be sure many brushes were trampled under foot, bottles dropped, and snuff, and saliva, and ambler spitted on the floor and women's dresses. After service, Paddy asked a bystander what the women called the operation he had just witnessed with the *bottles* and *sticks*.

"Dipping," was answered.

"And what is dipping?" said Paddy.

"Its dipping and rubbing with snuff; I thought everybody knew that!"

"Indeed, your honor, and for what purpose?"

"For the pleasure of it, and to clean their teeth," he was told.

More puzzled than ever—dipping and rubbing with snuff for the mere pleasure of it, and to clean the teeth, in a public meeting-house too—there must be some other reason for doing it, thought Paddy. "Beg your pardon," says Paddy, "there is some mistake here, or I do not understand you."

"No mistake, sir, everybody knows that."

"But is this business of the toilet a part of your religion?"

"Yes," says one, "a part of the service; the men and women can't keep their eyes open, and listen to and enjoy the sermon, unless they chew and dip all the time."

"And, faith in my Jesus," replied the Irishman, "does your priest chew and dip too?"

"He only chews and smokes, and takes a pinch occasionally."

"O, holy fathers! I never heard of such a thing in all my life. A wee-bit would they be-

lieve this of the Americans in ould Ireland if I were to swear to it."

"O, yes," says one, "we make so much nice tobacco in these parts, when we can't sell it, we eat it up, (for spite), and the women help us, to keep the price from getting too low."

This speech sickened the Irishman, and he replied, "I understand you; it is a punishment inflicted upon ye by your priests for your sins; and I assure you you are all too dirty ever to get to heaven."

Like the Irishman, few would believe this unless they were to see it. I have often had the misfortune to witness dipping in private houses, and in church, *Peach-Tree* and others; and any one who has a fancy to see it can do so in many parts of Carolina, unless it has been abolished since I was there. I believe it is going out of fashion, and is much less common than it was ten or fifteen years ago, when the snuff-bottle and the hickory-bark-tooth-brush chewed to a mop at one end was carried in the "reticule" of many a matron and a fair damsel. It is done now more secretly by modest ladies, knowing how filthy and disgusting it is to their "nice husbands and beaux," who only chew a pound of tobacco a week, and smoke all the time.

Dipping and rubbing with snuff seems to be infectious, and to run in families. It is only a substitute for chewing, smoking, and snuffing, and is done for the *feeling* it occasions, and not alone as a part of the toilet. It is equally as filthy as chewing, and smoking, and snuffing, and more unhealthy than either. If one is asked why she dips, she blushes and replies, "Only to relieve a distressing tooth-ache." Poor creatures, dying with the tooth-ache all their lives. They know not that the remedy causes the complaint, and not only that, but many other *aches* of which they daily complain. Better have no teeth, say I, and gum it the balance of your lives, that to spend your time and destroy your health eating snuff. The fact is, the teeth are rubbed away, decay and fall out long before many of them reach the age of thirty; and they then, to patch up their mouths, and keep up the appearances of health and youth, have to resort to doctors, dentists, modistes, and all sorts of artificials.

Let me assure the ladies; be not deceived;—tobacco and decayed teeth will smell in spite of the perfumer; and if gentlemen do not smell those who smoke and dip, it is because they can't detect the odor of tobacco amid the great variety of odors that the ladies employ to conceal it. Now, if the nose deceives us, (and mine rarely does), the eye detects it in the hollow, pallid, and sallow cheek, the dark, sunken eye, and the decayed teeth, that defy the pinched lips to conceal.

I would not marry a lady who uses tobacco in any shape, and had rather kiss many things than the mouth of a dipper. If they would return the compliment, I am sure fewer gentlemen would use tobacco.

"If women knew"—I quote the language of M. Merat—"all the pleasures of which they deprive

themselves by using tobacco, (and, above all, of the horror which those who use it inspire in men,) of how soon it makes them appear old, and dilates their nostrils, thickens their upper lips, and changes all the features" of their lovely faces, I say they never would make snuff-bins and chimneys of their noses and mouths.

I am pleased to say, though some women smoke, and dip, and snuff, yet 'tis very rarely *ladies* do either.

As tobacco is the leveler of all conditions, *Ladies should beware!*

ERYSIPELAS AND FEVER.

BY J. BEADMAN.

On the 8th of September, Mrs. S. Beadman was taken sick rather suddenly, with high fever and face flushed; on Monday grew worse, violence of symptoms increased; but having some little knowledge of diseases, drugs, diet, &c., and having long since locked the Poison Doctors out of my house, I thought by attention to diet and the bowels, to master the symptoms; towards evening, however, with her consent, I went to ask Dr. Shew to step down—he was not at home, but his partner promised to be down quickly. He came about eight in the evening; the fever was raging and erysipelas rapidly spreading behind the ears, face, &c. We put her in the wet sheet, or "packed" her for twenty minutes, gave her a bath slightly tepid, put on a wet girdle, and applied ice to the head. This we did every six hours, and though, through a little irregularity in the application of the remedies, and the want of a precise knowledge of the principles upon which the practice was founded, there was a struggle for mastery between the pack and the fever, yet, on the second day, there was a most decided improvement in all the symptoms; they appeared as easily controlled by the sheet, the bath, and the ice, as a well trained horse by a skillful rider. From this moment both my eyes were opened some to the powers and the beauty of the water-cure in such cases. Day by day my wife mended, and she says the improvement was as steady as it was perceptible and delightful; on the fifteenth, having taken nothing but water for seven days, she began to be hungry; we fed her judiciously; her desire for food gradually increased, and on the eighteenth she was down for dinner, looking as clean and bright as a new guinea. Our friends consider the case a triumphant demonstration of the infinite superiority of the WATER-CURE over the drugging systems, whether we take the whole pill-boxful dose system, or the infinitesimal dose system of the Homœopath.

A recent London Medical Periodical makes the following declaration:—

"There never lived that conqueror who, with sword or lance, slew one quarter of the myriads that have died of lancet and leech."

TYPHUS FEVER.

BY T. L. NICHOLS, M.D.

SOME months ago, in one of my articles entitled "Practice in Water-Cure," I gave a case of what I called typhus fever. Dr. Call, of Lowell, Mass., wrote me a letter, criticising my diagnosis, or at least my nomenclature, and calling my attention to a work, entitled, "A Practical Essay on Typhus Fever, by Nathan Smith, M.D., Professor of the Theory and Practice of Physic and Surgery in Yale College," published in New York, in 1824. The book is a very rare one, but I was fortunate enough to secure it, and propose to give it a brief review, for the benefit of the readers of the Water-Cure Journal.

Before proceeding to do so, I will say, that my designation of a low nervous fever with cerebral symptoms, as typhus, accords with such authorities as Billings, and Dickson. Dr. Billings says—"There is but one simple fever, which is exanthematous, or petechial, though the rash may never be sensibly developed, as in scarlatina maligna; and it is continued, synchous, whether with high or low pulse; and when the sensorium is oppressed in addition, it is typhus."

Commonly, a distinction is made between typhus and typhoid, but Dr. Dickson rejects this distinction, and says—"I shall continue to regard all the varieties of typhus and typhoid fever as mere modifications of a single type."

The fact is, as I apprehend it, that fevers and all other diseases, while preserving some characteristic symptoms, vary infinitely according to the condition and circumstances of the patient. But, before giving my own views upon this matter, which, after all, is more one of words than of ideas, though I do not underrate the importance of the former, I will proceed with my notice of Dr. Smith's Essay.

This Dr. Smith, by the way, was a very remarkable man. He practised for many years in New Hampshire, and was once a Medical Professor of Dartmouth College. The people of that region are full of anecdotes of his wisdom and eccentricities. This book has much of the former, but no traces of the latter.

"Typhus," says Dr. Smith, "is a word of Greek derivation, which signifies smothered fire, or stupor. As applied to disease, it is doubtful whether it was originally meant to indicate internal heat, or whether it was used to denote a fever particularly affecting the mind, and producing stupor or coma." It is described by the oldest medical writers, and is not, therefore, of modern origin, like small-pox and syphilis. It was known among the early settlers of this country as the long fever, slow fever, nervous fever, putrid fever, &c. It prevails in all climates, and at all seasons, and affects both sexes and all ages.

Dr. Smith asserts that after prevailing in a particular section of country, it sometimes disappears, and is not seen again for many years. He gives instances of its return after an absence of twenty years. It seems to be of a migratory

character, going about from one place to another, so as to be traced in its travels like the cholera; exhausting the liability to the disease in one place, perhaps, and then going to another. He finds no influence of situation, occupation, or habits affecting this liability, and thinks the poor and filthy are no more liable to it than the rich and middle classes. This seems to be opposed to all experience of what is commonly called typhus; and if Dr. Smith is right in this respect, our ship fever, jail fever, camp fever, and the putrid fever which attacks crowded and filthy populations everywhere, must be a very different disease. But his observations were made on the country life of the interior of New England, where real poverty is almost unknown, and where there do not exist the wide distinctions that prevail in our large cities.

This disease, he thinks, is unquestionably contagious, and he gives strong cases in proof; as of persons taken with the fever where it prevailed going to a distance, from whom it spread, first to their own families, and then through whole neighborhoods. In one case, a young man, coming home, infected nine persons in his own family. He inclines to the belief that this is the only mode of propagation, and that it is never produced by accidental causes. In this opinion, he will find few supporters. He believes the disease to arise from a specific cause, and that of course it can only be produced by that agency.

It is, he says, a disease *sui generis*, not necessarily connected with the state of fever by which it is accompanied, and rarely affecting the same individual twice, following, in this respect, the common law of contagious diseases. In a long and wide practice, he avers that he has never known or heard of its recurrence in the same person, and he gives instances of several members of a family being attacked at one time, while some escaped, who had it by themselves at a subsequent period, years afterwards. Typhus, he says, may be combined with other diseases, as with inflammatory fever, whooping cough, dysentery, &c., as persons have been known to have rumps, whooping cough, and measles, all at the same time.

"Typhus, like the other contagious diseases" says our author, "has a natural termination, and if it does not end fatally when uninterfered with, it gradually exhausts itself and disappears. Its duration is from fourteen days to sixty. The morbid action begins, and chiefly continues in the capillary system."

The symptoms of this disease, as given by Dr. Smith, are, pain in the head, back, and limbs—stiffness of the flesh—stupidity—delirium—coma—a wild insanity—impairment of memory and hearing—unsteadiness of the voluntary motion—starting and contortions—quick compressible pulse—sense of chilliness with actual heat—two daily febrile exacerbations—hemorrhage—livid spots on the skin—tongue furred, first white, then yellow, brown, and black, then peels and goes through the same process—teeth encrusted, &c., &c. Connected with this disease

there is an odor so remarkable, that one accustomed to it could tell the disease if he was blind-folded.

Dr. Smith thinks this disease can never be cut short in the beginning, nor ever brought to a termination in less than fourteen days; and he does not believe that remedies at all affect the duration of the disease, though they may modify its character. Medicines, and especially powerful ones, in mild cases, do more harm than good. A single emetic has changed a mild case to a severe one. One of the most successful physicians in New Hampshire gave nothing but milk and water, in the whole course of the disease. Blood-letting he entirely disapproves of. Some physicians gave the most powerful stimulants, such as opium, wine, alcohol, cayenne pepper, arsenic, some making their patients swallow three pints of strong brandy, with large doses of laudanum and cantharides. "I have myself seen," he says "a written prescription, in which opium, wine alcohol, cantharides, [Spanish flies], and arsenic were all directed to be taken several times in the course of twenty-four hours.

The bleeding and the stimulating modes of practice, Dr. Smith avers, were about equally successful, that is, they did an equal amount of mischief. He disapproves of both; and discussing the various modes of treatment usually practised, as leeching, emetics, cathartics, febrifuges, blisters, diaphoretics, opium, cinchona, mercury, &c., &c., he condemns them all. Of mercury he says—"I have had several cases of necrosis of the under jaw, where I was compelled to remove a considerable portion of that bone, which had died evidently in consequence of an inordinate use of mercury during this fever. In other cases, where calomel has been used early in the disease, and the mouth has been as favorably affected as could be wished the disease, nevertheless, has run on forty or fifty days, and sometimes terminated fatally, at a very advanced period."

After discussing a great variety of supposed remedies, Dr. Smith comes to this sensible conclusion:

"All things considered, we can place no dependence on internal refrigerants, and if we wish to diminish the temperature of the body, we must have recourse to cold water or cold air. The most effectual method of reducing the temperature of the body, is by the use of cold water, which may be taken internally, or applied externally. When persons sick of this disease desire cold water to drink, it should never be denied them—they should be allowed to drink *ad libitum*. But the only effectual method of cooling the body, in these cases, is by the use of cold water externally: by this means we can lessen the heat to any degree we please. Some take the patient out of bed and pour buckets of cold water over him. The method I have adopted is to turn down the bed clothes, and to dash from a pint to a gallon of cold water on the patient's head, face, and body, so as to wet the bed and body linen thoroughly. As soon as the heat returns, the water to be applied again, so as to keep the heat

down to, or rather below, the natural standard. All additions made to water used for this purpose, such as vinegar, spirits, &c., are injurious."

Here was the Water-Cure, in a rude and imperfect way, applied by one of the first allopathic physicians in New England, thirty or forty years ago; yet how little has the medical profession benefited by his teachings!

I have little to add to this rapid review of this highly interesting work. It is my impression that the typhus we see everywhere is the same disease as Dr. Smith observed under the peculiar modifications of New England life; that in a certain degree of malignity it is highly contagious; and that, as he found it to sometimes last sixty days, and sometimes only fourteen, under different circumstances, its period can be still further reduced. Under a full Water-Cure treatment all the processes of Nature are greatly expedited. The great chemist, Liebig, after carefully observing the operations of the Water-Cure at Graefenburg, writes to Sir Charles Scudamore that the system changed as much in six weeks, under these processes, as it does in three years under ordinary circumstances. If this be the fact—and every one who has seen or experienced much of Water-Cure, knows that there is a great and wonderful rapidity in the changes of the system—there is no reason to suppose that typhus, even of the form described by Dr. Smith, cannot be cured in a much shorter period than its usual limitation. I have known several cases of malignant typhus, some of which were what is called ship fever, and some of them were in our establishment, to be cured in less than a week; just as I have known small-pox, measles, and hooping-cough to be cut short of their supposed inviolable duration.

New York, 87 West 22d st.

CARBUNCLES—THEIR TREATMENT.

THE following was sent me, with permission to publish, which, to encourage others to make known the benefits they have received from Water-Cure, I should think you would do well to give it a place.

DR. KITTRIDGE:

Dear Sir—I have many times felt, since my application to you, and my complete restoration to health, that an acknowledgment of the efficacy of your system of treatment was due from me; that a drugging, suffering community demanded of every one thus benefited to speak out. So, with your permission, I will proceed to relate my experience.

Last autumn, when I made my appearance to you in such a state of health, and that painful carbuncle on my arm, I had been suffering for some two or three weeks; unable to rest, incapacitated for business, and extremely uneasy all the time. But my extreme pain and discomfort I now attribute, in a great measure, to my treatment of it, which was frequent application of hot poultices with any quantity of warm bandages. We used bread enough over it in two or three weeks to preserve a great many ragged

children in Newton or Boston from the greedy jaws of starvation; and all the time I got no better; and, at length, as a consummation of my happiness, bared my arm to the surgeon, for him to operate upon with that little instrument which it is said has caused the crimson fluid to flow from almost as many victims as has the sword.

But all these operations were just right, I was told—perfectly allopathic—couldn't do anything better.

But there was a "good time coming," and as I saw other carbuncles coming also, I thought I would just straighten up and do battle with them. On the day I thought to dispense with bandages, "rejoicing to see the curse removed," another, Phenix-like, arose from its ashes, whose aspect was quite as determined, equal in magnitude, and in all respects as formidable as its departed, but by no means lamented, predecessor.

Well, sir, at about this point, with rueful countenance I came to you, (feeling I should not be let off without at least half a dozen, all of which raised their detestable red heads,) with the question, what shall I do, doctor, for a bad sore upon my arm, which, after inquiring if I had it with me, you proceeded to examine, and then prescribed wet sheets once a day for three weeks, sitz bath twice, and a wet bandage all the time, and at the same time to keep the arm in a wet, cold cloth, to which recommendations I gave good heed, and in consequence of which my sufferings with the fire which came to the funeral of the first, were not, in comparison, to be named the same day.

In fact, so soothing, cooling, and comforting was the application of water to them, I had soon ceased to feel any particular dread of them. Whenever one made its appearance, I commenced treating it coolly, bandaging it up in a poultice extracted from the pump, and when by reason of inflammation it became dry, and consequently painful, thrusting it into a tub of the cooling element.

Thus, instead of being taken from business for a week or two, as with the first, (which I treated according to allopathy,) I pursued it daily, a business, too, which is no sinecure, viz.: house building. But, I did not think a relation of my experience would require half as many words, but when I begin to speak or write of water as a cure, I never find a stopping place.

The directions you gave have enabled me to apply water to whatever comes along, with complete success. I candidly believe your lectures in Newton, and the information I have gathered from the Water-Cure Journal, published by Fowlers and Wells, of New York, have saved me hundreds of dollars.

Yours, with much esteem,
HENRY FULLER.

HY-DROP A THY.—The Water Cure, a mode of treating diseases by the copious and frequent use of pure water, both internally and externally.—WEBSTER.

MEDICAL MISCELLANIES—No. 3.

BY T. M. NICHOLS, M. D.

DOCTOR BILLS.—In New York City there are about one thousand physicians. Some of these receive ten thousand dollars a year in fees; a few, perhaps, a larger income; but not many. There must be a great number who get but a bare living; and it is probable that two thousand dollars a year is an average income. This would be an aggregate of two millions in doctor bills. Our apothecaries come in for a handsome slice—perhaps a million more. New York prices are by no means extravagant. A full consulting fee is five dollars; a visit, one or two dollars; obstetric fee, ten dollars; and operations range from five dollars to five hundred.

Some London surgeons and physicians have had very large professional incomes. Sir Astley Cooper's went one year as high as one hundred and fifteen thousand dollars. Sir Benjamin Brodie's fees amounted, for many years, to fifty thousand dollars a year, the greater part of which were medical fees of a guinea each. His greatest amount in one year was sixty thousand dollars, or about one hundred and fifty dollars a day. Sir Astley once took a thousand pounds in a single fee; but such windfalls are not very frequent.

The Water-Cure is destined to make sad havoc of the profits of medical practice, and it may be surmised that those who oppose it most violently are not without some interested motives. Water-Cure families in this city, whose doctors' bills were formerly heavy items in their annual expenditures, can now hardly find an excuse for employing a physician at all. For the most part, sickness is prevented by bathing and proper living; diseases, when they do come, are nipped in the bud by an early application of the Water-Cure; or if a doctor is sent for, the sickness is of too short duration to allow him to make much of a bill. The Water-Cure is destined to be a great and beneficent reform; but not a very profitable system to its practitioners. The most profit we can ever make is in undoing the mischiefs of allopathy.

MEDICAL SHEET ANCHORS.—The lancet is the sheet anchor in inflammation—mercury is the sheet anchor in fever and almost everything—cinchona is the sheet anchor in intermittents—but what think you, gentle reader, is the sheet anchor in erysipelas? Guess again—guess as long as you like, and you will never hit it. It is *Port Wine*!

And what is port wine? "Oh! wine from Oporto." Don't be too fast, my good sir. A large proportion of the port wine drank in this country is a purely fictitious article, made of cheap red wine, cider, elder berry juice, burnt sugar, salt of tartar, red sanders, gum dragon, &c. &c. In 1883 there were 862 pipes of port wine imported into London from the Channel Islands, but not a single pipe had been brought to these Islands from Oporto, then, nor for four years previous. It was made out of the whole cloth, or rather of the articles enumerated above. Not a thousandth part of the port wine of the London

Custom-House is genuine, and what comes from Oporto is deeply adulterated, or entirely manufactured there. The following extract from a letter of an agent of the Oporto company, will throw light on this dark subject.

"The English merchants knew that the first-rate wine of the factory had become excellent; but they wished it to excel the limits which Nature had assigned to it, and that when drunk, it should feel like liquid fire in the stomach; that it should burn like inflamed gunpowder; that it should have the tint of ink; that it should be like the sugar of Brazil in sweetness, and like the spices of India in aromatic flavor. They began by recommending, by way of secret, that it was proper to dash it with brandy in the fermentation to give it strength, and with elder berries or the rind of the grape, to give it color; and as the persons who held the prescription found the wine increase in price, and the English merchants still complaining of a want of strength, color, and maturity in the article supplied, the recipe was propagated until the wines became a mere confusion of mixtures."

This is of the genuine wine of Oporto—what then must be the home-brewed counterfeits! These are execrable conglomerations of miserable trash and rank poison. So much for one of the allopathic sheet anchors!

SURGERY.—"It is better to save life than to kill;" yet war has its heroes and victims. It is better to save a limb than to cut it off; yet operative surgery, also, has its heroes and victims. The glitter of the knife, and the reputation to be won by performing brilliant operations, are the continual causes of useless mutilations. There are now hundreds of medical students attending our three medical colleges. Each college has its surgical cliniques, many of the students attend at the hospitals, and there are also the cliniques of private medical teachers. The students are anxious to see operations; the professors are willing to gratify them; there is an "honorable competition" between colleges and teachers, and under these circumstances, it is not to be wondered at, if a rapid and showy operation is preferred to a slow and inglorious cure. Probably two-thirds of the limbs now cut off might be saved even under allopathic practice, and with the advantages of Water-Cure a far greater proportion; since with the water we have inflammation at absolute control; and the means of stimulating the recuperative powers of the system, such as are known to no other mode of treatment.

A curious anecdote, illustrative of the carelessness in which surgeons perform operations, is given in a biography of Sir Benjamin Brodie. Late one evening, a gentleman called at the office of the author, and laid upon the table a bundle from which he proceeded to take a fair and beautiful lower extremity, which had evidently belonged to a woman. "There!" exclaims the man, "is there anything the matter with that leg? Did you ever see a handsomer! What ought to be done with the man who cut it off?"

The explanation of these inquiries was briefly this: It was the leg of the wife of the excited querist, who had greatly admired its beauty. He and his wife had quarreled, and she had left the house, vowing revenge, and threatening that he should never again see the object of his admiration. The next he heard of her she was a patient in one of the hospitals, where, upon her mere representation that her knee gave her intolerable pain, the limb had been removed, and her insane revenge gratified.

INFANTICIDE.—Voluntary infanticide is a rare crime—involuntary infanticide is a very frequent misfortune. Of the thousands of children who die every year in this city, a very large proportion are killed by parents, nurses, and doctors. No man can poison himself with rum and tobacco, and be sure that he is not causing the early death of his unbegotten offspring. No woman can destroy her own health with tight lacing, or tea, without inflicting upon her children the causes of infant mortality. But when a nursing mother fills her system with poison, how can she hope that the babe at her breast will escape its effects. Many is the child that gets nervous on its mother's tea and coffee, and drunken on her porter, wine, or cordial. And these children die; and often it is better they should than to suffer life-long, from diseases thus inflicted. But this is not all. Children are poisoned more directly. Made sick with over-feeding, or nervous and fidgety on tea, the innocent babe is dosed with paregoric, or physicked with calomel. Nature is powerful and humanity is tough; so that about half of the children born, grow up; but even of them, a large proportion have the seeds of disease. We want reforms on all sides, political, social, moral; but the greatest and most needed, is a health reform.

VAGINAL INJECTIONS.—A late medical journal gives two cases, in which violent, and for the time unaccountable, symptoms were produced by injections of decoction of oak bark, and alum into the vagina. The only safe and proper injection is water; warm, tepid, or cold, even to the freezing point, according to the effect we wish to produce. A London physician says that so frequent are the bad effects of astringent injections, he always directs the patient to use the syringe with pure water, several times, both before and after the astringent injection! It seems as if physicians, educated in the allopathic practice, could not not see a truth if they stumbled over it. It never occurred to this doctor to trust to the pure water alone, though he knew enough to use it to prevent in some degree the mischievous effects of other infusions. Women by thousands, I may say millions, are suffering in consequence of the strange ignorance of medical practitioners of the simplest principles of medical science.

GUTTA SERENA.—This singular gum is now applied to some important uses in surgery. Especially to the manufacture of splints and ban-

dages, for the treatment of club foot, and similar deformities. At a comparatively low temperature, gutta serena can be moulded like wax, when, being suffered to cool, it retains its shape, and so applied to a limb, it keeps it perfectly in place, and can be renewed at every dressing.

A CAUTION.—In the use of injections of cold water, immediately after child-birth, especially where there is much hemorrhage, the physician should be careful to see that no air is retained in the syringe. This is easily managed by turning the tube up, and pressing out the air with the piston. This may seem a trifling matter to many, but it may be of great importance. The injection of cold water in these cases, if properly performed, is of great service, and so far from being dangerous, is preventive of almost all the evils we have to apprehend as consequent upon child-birth.

BARBAROUS TREATMENT.—A physician, writing in the London *Lancet*, gives the following account of his own treatment of a case of uterine disease.

"Considering that the general health of the patient was in fault [as if it could be otherwise, with disease of the uterine system] we gave opening medicine and tonics, and ordered injections with solution of alum. This treatment was continued several weeks; and the general health improved, the discharge almost disappeared, but the pains in the ovarian regions became worse, and dysmenorrhœa [painful menstruation] increased. We ordered inunctions, with mercurial ointment, and poultices to the inguinal regions, and the pain abated; but a fortnight afterwards leucorrhœa reappeared, with pain in the back, and on a second examination we found an ulceration of the inner surface of the cervix [neck of the womb] which was outwardly red and swollen. We, therefore, admitted that we had taken a wrong view of the case: it was an ordinary case of ulceration of the neck. So we cauterized it with nitrate of silver [lunar caustic], then with the acid a nitrate of mercury [mercury dissolved in nitric acid], and lastly with potassa fusa [caustic potash]."

After trying this treatment eight months, this doctor made another examination, found more mischief, and changed his treatment to leeching, a rotation of blisters and mercurial ointments and cold enemata twice a day; and this last seems to have been the only sensible and judicious application.

Here was a poor woman poisoned, tortured, leeches, blistered, and cauterized for more than a year, who could have been relieved at once, and cured in a short time by the Water-Cure, with very little trouble, at a trifling expense, and without one of the outrages described above.

SINCERITY.—The best test of the sincerity of a physician of any school is his taking his own medicines. As a general rule, doctors take very little medicine; but there are exceptions. I

have known doctors to take medicine themselves, and to die in consequence. The case of poor Dr. Houston of this city is one in point; and probably there never was a man more deplorably maltreated.

In the biography of Dr. Chambers, a celebrated English physician, it is stated that he became affected with bronchocele, and was very ill for a long time "partly from bronchocele, and partly from having nearly poisoned himself with iodine—the iodic saturation not being attended, however, with any beneficial results to the disease." This is not astonishing; for when beneficial effects are produced by iodine or mercury, in any of their preparations, they are well understood to be accidental, and they are, therefore, not to be relied on, except to produce their legitimate effect of poisoning the system. But let us read on, and see how this medicating doctor came out with his iodine.

"He was next attacked with rheumatism [quite a matter of course], and was incapable of work for three months"—and all for want of the Water-Cure. "In the autumn he was sick again, brought on by exposure to miasma at Chelsea"—and, we add again, from saturation with iodine, and the medicine he took to cure his rheumatism.

This Dr. Chambers is a remarkably energetic practitioner, and treats his patients as he treats himself, "acting towards disease," says his biographer, "as Nelson did toward the enemy—placing himself fairly alongside, and abiding the issue."

In Nelson's case the issue was that the enemy went down or blew up; and if disease does the same, with Dr. Chambers alongside, it is to be feared that the patient is also sunk or blown in pieces.

A FABLE OF WATER CURE.

FROM A LECTURE BY JOEL SHEW, M.D.

WE will suppose that an intelligent individual—an invalid—travels to a foreign and renowned country for the purpose of gaining a restoration to health. He finds in this country to which he travels, a great variety of remedial means in vogue. For example, there is a large class of physicians and of the people, who believe in using all kinds of poisons—even to the most virulent—to cure disease. It is said of them that they send one poison into the system to chase another out. These good people regard it a very dangerous experiment, in many kinds of disease, to do anything short of using these powerful drugs. They seem to think that disease is some living sprite within the body; that in some tangible form it must be combated like a thing of body, limbs and venomous bite,—that this thing, disease, can be maimed, crippled and expelled, without, at the same time, doing the living system any injury whatever. From these people's practice, we would be led to suppose that the living, breathing human body was only like the chemist's crucible, in which he puts all manner of cor-

rosive substances, that are not capable to injure it at all. But there are those, notwithstanding, who, concerning the practices of these people, have an apologue (which they say applies to their system,) like the following: "nature is fighting with disease: a blind man, armed with a club, that is, the physician, comes to settle the difference. He first tries to make peace: when he cannot accomplish this, he lifts his club and strikes at random; if he strikes the disease, he kills the disease; if nature, he kills nature."

Some of these objectors even go so far as to affirm that the people scarcely ever accomplish anything in their ways,—that their system is, when taken altogether, *worse* than guess work,—that there are great numbers, who, like one that was somewhere known of many centuries ago, "had spent all that she had, and had suffered many things of many physicians, and was nothing bettered but rather grew worse;" nay more, that not a few are actually killed outright by these modes, sanctioned withal as they are supposed to be, by the experience of ages.

There is likewise another class of people here—a very considerable one—who take an entirely different view of the healing art and the means to be used therein. They believe that these old modes are gross, harsh, destructive, and, of course, unphilosophical and absurd. Of this other class of persons it is said, that if those who practise the old modes sanctioned by our fathers, erred on the one hand in giving large doses of poisonous articles, this other class goes equally to the opposite extreme. They do in fact, it is said, go so far as to assert that the smallest conceivable doses, such for example as can neither be seen, tasted or smelled, are the best to cure disease. It is said on good authority that they go so far as to depend, sometimes in some deep-seated maladies too, on the taking of *decillionth grain doses of charcoal, silica, oyster shell and the like*. These people are of course much laughed at, and to say the least are considered very foolish; but they gain many converts notwithstanding, and taking the evidence of many distinguished patients, it must be acknowledged these small doses sometimes at least, work wonderful cures.

There is still another class, whose doctrines of healing are, if possible, still more wonderful than the last. Not very far distant in these modern times of wonders, some man or men discovered, as it is said, some marvelous property in the human system, which manifested itself in different ways. Thus some one, a girl, perchance not yet arrived at her teens, may take upon herself a certain state, or this state may be brought on by another—in which she seems to have most remarkable powers; and although she has never studied anatomy and physiology, or the properties of medicines, in the least, yet she has the power to look all through the human body, to every minute fibre and tissue; can describe all their parts, and detect whatever disease or diseases there may be in the body, and with the certainty of Omnipotence, prescribe the appropriate reme-

dy. The physicians—some of them who are, philanthropic enough—obey the dictates of their consciences, as they say, and go about the country and exhibit these wonder-working healers, so that none need lack their aid. They even go so far as to carry with them the necessary fund of medicines—a few doses of some of which are worth ten or twenty dollars—because the druggists, of which there are a goodly number in the land, are not able to keep on hand the rare kinds necessary for them to use. These *doctors*, as they are called (or call themselves), by the aid of their wonderful-seeing subject, even go farther than all we have said, and can tell people what diseases they have ever had; what medicines were taken for them, and whether those were the right ones or not for the cure. If they have been wrong, the right ones are to be prescribed. These servers of “humanity” of course meet with a great deal of opposition, especially from those honest keepers of the public health, the regular doctors, so called. But a considerable number of influential and intelligent persons, such as editors and public men, are brought over to these doctrines, asserting that they positively have been cured by the means used.

This method has likewise another phase. By making peculiar “passes” over different parts of the body, cures are performed. This is in some respects like another system which was in vogue some half century ago—called *Tractation*. A medical gentleman of the United States made various experiments in the composition of metals, forming therefrom little blunt-pointed tractors, not longer than one’s fore-finger. One of these looked like brass, the other like steel. These tractors were to be passed over the affected part, one being held in each hand of the operator, the process to be carried on a half hour or more each day. Wonderful cures were performed in this way, and these little tractors sold readily at the price of \$25. Clergymen were presented with them *gratis*. It mattered not if these little instruments did not in reality cost more than a *sixpence*; the trouble of finding them out must be paid for. It was not long before the fame of the tractors reached all the different parts of the civilized world.

In England they met with great favor, more so even than in the humble country of their origin. Physicians, surgeons, doctors of divinity, literary and scientific gentlemen of all grades, noblemen and statesmen, soon became converted to tractation. A great charitable institution was formed in Soho Square, London, for the carrying out this practice upon the deserving poor. But at length one shrewd physician, who was practising the mode in this institution, suspected that, after all, the imagination—that worker of wonders—might have much to do with these wonderful cures, which none could doubt. He then secretly obtained some wooden tractors, made so as to appear like the genuine metallic ones, letting the patients expect the same marvelous things to be wrought as before. Strange to tell, the same great results were brought about! Different

kinds of substances were used, but as long as the patients knew nothing about it, the same good effects were obtained. These things being once divulged, tractation was quickly brought to an end. Still, that the cures were performed none can doubt, even at this day.

In this country, of which we have been speaking, there are, besides the remedies and modes mentioned, a great variety of medicines and remedial agents talked about, that can hardly be classed with any system. The newspapers—of which there are an abundance—contain notices and advertisements of the wonderful cures wrought by them, and which are so well attested that one must infer that the people need not, in this renowned country, die of any disease; and yet, on looking further, it is observed that no country has more sick people than this. The thought strikes the observer that the people are stubborn, and will not avail themselves of the means so lavishly furnished; but on making further examination, he concludes that this supposition is not true, else there could not be so many advertisements kept constantly in the papers about these medicines; they are bought, paid for, and used by the many, and yet there is the strange anomaly that very great numbers of people are yet found to be sick; and notwithstanding all the attested cures that *have been wrought*, no country on the face of the globe has more invalids than this.

But the observing individual in this far-off country looks still further and hears of an obscure, ignorant peasant—ignorant because he has no learning except such as God gives him, and a rude peasant’s life affords. This peasant discovers a drug by which he cures himself of a severe injury, when the best known of other means failed. His neighbors witness his success, insist upon his curing them in times of like necessity; and they find this drug to be altogether more efficacious, more powerful than any the doctors have. These people, however, grow envious of the peasant, and as the laws of the country are strict, allowing no one to sell any medicine or practice by any medical means unless licensed by the government, they prosecute him. A miller who had been cured of the gout is called up as a witness to testify against the peasant’s practice. On being questioned as to whether the physician or the peasant had relieved him, he answered—“both; the physician of my money and the peasant of my gout.” This ended the matter for the time; but after awhile he was again prosecuted in behalf of the government, upon which it sent a commission of inquiry into the merits of his practice. As a consequence of this procedure, the peasant was allowed to go on in his practice.

Now, notwithstanding this peasant lived in a very remote and obscure part of the country, entirely out of the way of ordinary travel, his drug becomes considerably known in different parts of the world; and two things are worthy of notice,—that the converts to this new mode are of the best and most intelligent class of persons,

and that this system spreads without being at all advertised through the public prints, except now and then by those who have been cured. Not a single line does this peasant ever cause to be published in favor of his mode of practice.

It is remarkable of this drug too, that it is more abundant than any other ever known; nay, it is more abundant than all others put together. In truth it literally costs nothing. The poor can all get it as well as the rich. It is remarkable too, that its use has always been known, more or less. The discovery of the peasant, then, consisted only in the modes of its application. In one dose it will purge; in another it vomits. It may be used to cause most profuse perspiration when the body has been either cold or hot, and the skin inactive; or on the other hand, it may be made to cause a wonderful cooling of the body, so much so it is believed, that any fever or inflammation may be positively arrested by it. It is admirably suited to the treatment of delicate women, and the most tender infant, and not less the most robust man. It is so powerful even, that, in injudicious hands, it has been known to quickly kill, and yet persons soon become so well acquainted with its nature and properties, that they do not fear in the least its effects. They would not part with it for any consideration whatever, so friendly is its action when properly employed.

In one important particular this medicine has a different effect from all others, viz.: it does not lose its good effects by use. Its action is not worn out. It seems to grow more and more friendly the more it is used.

It has been supposed, and by some yet is, that wine and other alcoholic drinks are good for the stomach, and to enable a man the better to endure fatigue and exposure to cold. But it is ascertained by many experiments, that this drug is still better than these substitutes, good as they are supposed to be. It has, moreover, many other striking effects upon the human body. Those who use it find that it has a powerfully exhilarating effect upon the spirits, and that it is quite high impossible for any one to get the hypochondria or hysterics while taking it. The teeth become cleaner and whiter, are more free from aching, and the breath purer, from its effects. The complexion improves greatly, and many, who had always looked sallow and unheathy, or long since lost their ruddiness and color, are rendered healthy and beautiful again. Those who are lean in flesh gain steadily under its use; those who are too fat become leaner, and the flesh hard. Some say it is a stimulant and some it is not; but it makes all stronger and more hilarious in both body and mind. As a strengthener of the nerves, it has no equal. This is said to have been the great remedy anciently, when nerves were not in fashion, but somehow it went into disrepute.

In various acute illnesses, likewise, this drug has a truly wonderful effect. From its great abundance it is sought by animals and those in a more natural state. Cats and dogs that are poisoned

by taking arsenic set for rats rush, at once to it and take it greedily and are cured. Persons that are being consumed by fever and thirst, find it the most soothing and refreshing agent they ever used. It is indeed thought by many that it is very unsafe in fever; but once the fever is upon them, there is no preventing them; the drug they must and will have; and some old men declare they long since knew this was the best that could be used in such cases.

This drug has likewise a remarkably friendly effect upon the blood. A great many things have been sought out to purify the vital fluid. But of all others, this drug has the most striking effect upon the blood. Those whose blood has been for years so impure that there has been no good, healthy color of the face or surface, and notwithstanding all the blood purifiers that priest, doctor, or old woman could recommend have been tried without any good effect, the peasant's drug is found exactly to answer the purpose. It is in all respects the cheapest, most abundant, most valuable, and most efficacious of all remedies known to man.

Now it is not surprising that such a drug should find favor among certain observing, knowing, and independent people; nor that such persons, speaking to each other, should the civilized world over find out its good effects; but it is surprising that people generally do not become convinced of its remarkable powers; above all is it surprising that physicians denounce it as a dangerous drug—one that ought not to be meddled with. Scarcely one in a hundred of the doctors will even try it. They are, in fact, the principal means of its being kept back as it is. First they say it has no power; and when people will use it, they palm off with the assertion that it is a dangerous remedy.

FEVER, BOILS, AND BRUISES.

CASES OF WATER-CURE AT HOME.

BY. M. S. R.

In the last No. of your Water-Cure Journal you call for more Water-Cure practitioners. Perhaps I would answer the purpose, though mine is more of a practical than a theoretical knowledge. I am no regular M. D., but have never yet failed of curing where my prescriptions have been followed. Shall I give some cases from my note book?

CASE No. 1.—Last October I was taken suddenly ill with a fever, and having such a violent pain in my head as to be unable to prescribe for myself—for I was a believer in hydropathy—my friends sent for a "regular,"* who I doubt not did the best for me he could, for I think he is a kind, well intentioned man.

He leached and blistered, and gave me powerful medicine, and plenty of it, which resulted in boils such as Miss Beecher calls bed boils. They were very painful, and the sixth being the largest and most painful, and, as I thought, in a

* He called it the bilious intermitting fever, and I did not get well enough to resume my customary employment till the middle of February.

dangerous place, immediately over the heart, I felt anxious to do something different from what the treatment had been the five preceding days. Our folks went to church and left me alone; so I got a dish of water and a cloth, and made frequent applications of water, bathing this boil, and laying on the wet cloth till it got too warm, then bathing it again, changing the hot for a cold wet cloth; and, by a continuance of this means, the inflammation decreased rapidly, till it finally broke, Monday evening, and discharged very copiously, and healed very rapidly. From that time my recovery was rapid, and I had no more trouble with "Job's comforters."

CASE No. 2.—My mother was very faithful and attentive in her care of me while I was thus on that painful and tedious bed of sickness, and I had only got well enough to attend to her in part, when she was attacked with the same kind of fever, followed with the same kind of ugly boils, only much more numerous. Having seen the fallacy of poultices in my own case, we did not poultice hers as directed, but treated them with tepid water, which soon ripened them.

CASE No. 3.—My brother-in-law, living in the same house, injured his foot badly by a cable rope, weighing upwards of a hundred pounds, falling upon it from some distance above him. It pained him sorely, and it swelled so that he was obliged to cut his boot before he could get it off. He cured it with water, and thought nothing else would have done it as soon; since then he recommends the same treatment in like cases.

CASE No. 20.—A little daughter of Captain H., the gentleman last named, was taken with a complication of ailments, causing fever, purging, and vomiting. Medicine had no effect on her, and on the evening of the second day she was put in a tepid bath for half an hour, then to bed, where she was soon covered with perspiration, and fell into a sweet sleep and slept all night, and awoke in the morning well—having been cured as with a charm, and has not been sick since.

CASE No. 23.—I called on a friend of mine, a woman of about 45 years, who was suffering intensely with her foot. An M. D. had pronounced it the neuralgia, but I called it the acute rheumatism, and advised her to fill a watering pot with water and hang it on a peg or nail, as high as she could get it,—there was no shower bath in the house,—put her foot in water enough to cover the bottom, and thus shower it. She used this "domestic shower bath" and was cured. The pain ran from the bottom of the foot to the heel, but water drove it out.

CASE No. 24.—Another friend, aged about forty years, was found suffering with a bile, called by some a carbuncle. Of late, for several years, she had been subject to such annoyances, and has taken the advice of her physician for them. He has lanced several for her, and she was under his care for this one. When I found her in such agony, I advised the use of water. It was Sun-

day evening she commenced putting on the cold wet cloths, and changed them when they got too warm till Tuesday, when it broke and discharged so copiously that she said she could not have believed it possible that so large a quantity could have accumulated. She is now a thorough convert to the Water-Cure. I don't know but you may call me Professor hereafter. Can't we women get the titles from the old doctors and spoil their practice, and then you will have no occasion to be calling for doctors?

Yours till the next time.

WHO KILLS US?

BY S. O. GLEASON.

THIS may seem a strange question, and others may be asked in answer. Are not all men mortal? And do we not die as nature designed and intended we should? That the stern decree has gone forth, 'thou shalt die,' I do not pretend to deny, but that all die as nature intended I do not believe. The truth is far from this. We are not killed by our enemies; no open warfare is made upon us with clubs, bludgeons, pistols, guns, and bowie knives. These are not the implements that kill us off annually by thousands. But that a large share of the human family die before nature intended, is positively certain.

Now, every human being has a given amount of capital put into his possession by his Maker; that capital is his vital energy—his life-force—his power to resist the destructive tendencies within, and the consuming elements about him. This life-capital may be wisely or foolishly expended. Most persons manage in some way or other to rapidly expend this capital, like the spendthrift the patrimony left him by his father. When this life-force is largely drawn upon, the energies of the system fail. Aches and pains come to remind the spendthrift of his errors, just as want stares the man in the face who has squandered his fortune. It requires years of labor and toil, as well as rigid economy, to replace the capital soon expended in rioting and drunkenness. So it is with the life-force. If by any process of self-indulgence or over-exertion this power is too rapidly expended, pain and distress result: and often years of time will be required to regain what had been lost, even if the most strict obedience be paid to the laws of life and health.

Now, with propriety, the question may be asked, who kills us? The answer is plain. We are miserable economists. We barter and sell our capital of life for the lowest of prices; merely for the gratification of pride, ambition, or our appetites and propensities.

Now, if we expended our capital judiciously, and lived in harmony with physical and organic law, our life would be full of sunshine and our pathway strewn with flowers. We cannot have "choral muses and rosy hours" to attend us, if we strive to emancipate ourselves from the bands which nature in great wisdom and kindness asks us to wear. The very act of so doing galls, frets,

and wears upon nerve, muscle and bone. Every violation of or digression from nature's laws, is open revolt, a decided warfare upon our life-force. The interest in our vital stock is not only expended, but the capital is exhausted. We are bankrupt, we are invalids. Oh! pity the invalid while he is paying his penalty. Do not mental clouds gather about him, and pour storms and tempests with hurricane fury into his soul! Let the poor dyspeptic reply. A voice goes up, "Oh! that I had not expended my life-force, that God-given power committed to my charge for the noblest and best of objects; for the purpose of enabling me to fulfill my mission on the earth in quiet and comfort, dispensing blessings and joys. Instead of tasking others sympathy and charity, I might have bestowed it upon the really unfortunate and helpless ones of the earth."

Who kills us? It has been said that in a multitude of council there is safety. But in a multitude of *bad* habits there is no safety. A little digression, now in this, and then in that direction from the path of physical rectitude, kills us. A thousand voices from a thousand directions, if permitted to utter themselves, would be heard, "I helped to kill you." What, says one, (amid the din, clamor, and confusion,) "have I so many murderers?" Why, there is an animal with a pair of pendant ears, shut up and fed to the full, as a preparatory process for human consumption, that utters a significant "grunt" in reply to the question "who kills us?" The shrill voice that greets the ear in almost demoniac tones as the knife is put to its throat, to make it a sacrifice upon the altar of appetite, is truly painful to the sensitive ear; but the flesh consumed is nearly as noxious to the delicate tissues of the human frame, as the death-cry of the poor animal would be unendurable in our pantries and dining rooms.

Every cake and pie made brittle by the fat of this animal, so that it crumbles at the slightest touch, warns us that such material aids in crumbling these frames of ours. Yet we wonder why our stomachs will not digest and dispose of all that we put in them. Were they made to manufacture *lard oil* in? If so, let us all swallow two balls of wicking and pull the ends of each through our nostrils, set them on fire, and thus be a light unto ourselves. What a splendid array would ten thousand such lamps make, after supping on swine's flesh, promenading a public street on some dark night.

Shall we riot in lard and grease, and ask who kills us? Better by far mingle it with our hair, as do some of the natives of the interior of Africa—the fat of sheep's tails—till it will stand on end and run like perspiration down their faces in the heat of the day. To thus besmear and bedaub the *outside* of the body would be vile indeed; but to put the same material *inside*, where it can be carried to all parts of the human frame, predisposing it to contagious diseases, and making some of its own! is thought to be a matter of no consequence if the appetite clamors for it.

"Why," says one, "do you think that fat, grease, and gravies made from the flesh of swine,

are unwholesome?" To be sure I do; such articles render the blood impure. "Oh, if that is all, it is a matter of the slightest consequence, as there are patent medicines enough to be had at the corner of every street in the land, that can eliminate all the impurities from the blood, and have cured 10,000 just such cases."

How kindly are men cared for by makers and venders of medicine! Do what they will, eat what they will, and there is a sure remedy at hand. I have somewhere read in some book of a character who said "thou shalt not die." This character was said to be the "father of lies." Wonder if some of his children do not make medicine that will permit mankind to violate all physical law and save them secure at last!

"*Pepsin*, another scientific wonder" has come to our aid, made from the fourth stomach of an ox (not an ass), which claims to do much for the human race. "Half a teaspoonful of this fluid infused in water will digest or dissolve 5 lbs. of roast beef in about two hours out of the stomach." The man who has expended all his digestive energies can now swallow digested food. All the work is done for him. He has no use for his stomach, only as a receptacle, sustaining the same relation to his body as the receiving chest does to the mill-stones, keeping the flour till it is wanted.

So digestion is done for us, and sleep can be artificially induced; while our thinking can be "spiritually capped out." I do not see but we shall soon be very much at our ease.

Oh glorious times—how science is progressing! How good it is to live in such an age! I once heard a young man exclaim on hearing a young rooster crow, "*dear thing*, he's glad he's alive!" We ought all to be glad that we are alive, and live in the midst of so much light and scientific knowledge.

Men have had to do their own eating, digesting, sleeping, and thinking until this time. But it seems that a more glorious era has dawned upon us. Who kills us? Why we kill ourselves, trying to do what science and art can do for us. Let us cheerfully submit ourselves to the powers that be, and we shall live, and live on, if all that is said of medicine be true, till death will have forgotten that we were ever in the world.

CHOKING—A NARROW ESCAPE FROM DEATH.

Yesterday, while a man named Wm. WALSH, was at dinner, he partially swallowed a piece of beef, which stuck in his throat and produced suffocation. He struggled fearfully for about five minutes, when Dr. WHITE arrived, who had been immediately sent for. The sufferer was then cold and livid, and apparently dead. Upon examination, the beef could be felt in the throat, and the Doctor fortunately succeeded in removing it, and by applying artificial respiration, restored animation. The patient remained insensible for about three hours and a half, when consciousness returned. He is now doing well. The piece of

beef weighed an ounce and a half.—*Boston Daily Traveler*.

We would advise Mr. WALSH to take time to chew and masticate his food, before attempting another such feat. Should he still persevere, and undertake to swallow a live ox, we would recommend him to first provide himself with a copy of that excellent little guide, entitled ACCIDENTS AND EMERGENCIES, by ALFRED SMEE, recently published at the office of the WATER-CURE JOURNAL.

In relation to choking, the author says :—

" Foreign bodies are apt to stick in the throat and cause suffocation. Pass your finger immediately down the throat as far as possible—(for example, see engraving), and you may often remove them. When a fish-bone has stuck in the



throat, take a mass of bread, chew it quickly and swallow it, which will frequently carry it down. Parts of apples, pieces of meat, etc., can often be removed with the handle of a teaspoon, or a common eating fork."

SCARLET FEVER.

A SUBSCRIBER in New Castle, Delaware, writes us as follows: " I have a little daughter eight years of age. An eminent physician told me that if she was ever attacked with the scarlet fever—it being then in the neighborhood—she could not get over it, for her constitution could not bear it. She was subject to strange attacks every month of high fever, delirious at times, sick stomach, fetid breath, extreme weakness, rather inclined to a comatose state. A few weeks ago she was suddenly attacked with sick stomach, headache, and every symptom of the scarlet fever. I at first did not know what it was, but whatever it might be, I knew water was all-sufficient. I accordingly applied cloths wrung out of cold water to her head and back, kept her cool, her room well ventilated, gave her as much cold water as she wanted to drink, and in a few days I had the happiness of seeing her able to be about the house."

We have daily reports of the home practice of Water-Cure, and in very many instances, with what would be called, under any other treatment, astonishing results—any other result than a speedy and complete cure for any disease which it is applied, would, by those acquainted with the almost miraculous effects of water, be considered astonishing and unexpected.

LIFE INSURANCE vs. APPLE-TREES.

Among the many beneficent measures that have been proposed for the advantage of mankind in modern times, that of Life Insurance holds a prominent place. In a country like ours, where a man's labor is his capital and the only resource he has from which to draw the means of maintenance for himself and family, it becomes his duty to make such arrangements as will, in case of his death, secure to that family a sufficient competence for their support.

Nor are those that have at present a fortune at their command, to be excused from taking thought for the morrow. Riches are fleeting. Some unlucky speculation or unforeseen and uncontrollable accident destroys at once the accumulations of a life-time, and the millionaire of yesterday is to-day a beggar. So long as life continues, he can, probably by his own exertions, provide for the necessities of those dependent upon him; and, by small yearly payments to one of the many Life Insurance Companies of the country, can secure for them a competency for their future wants. When then poverty and its accompanying misery, wretchedness, and suffering, can be so easily prevented, who will hold a man guiltless who makes not some such provision. A substitute for this method has, however, been proposed, which for those living in the country is an excellent one. It is this: " Let a person plant ten acres of apple-trees."

Now let us view both sides of the question, and see which of the two propositions would be likely most to benefit the community. The one recommends paying a certain sum, to obtain insurance for a larger amount, to be received by his family after his death. In this case there is no producing or earning property; it merely passes from one to another. In the other case, a man plants ten acres of apple-trees, and produces, by his own exertions, a valuable income.

We may not be able to make a perfectly correct estimate, but we will keep it low. Supposing the land to be worth \$20 per acre, and the trees \$25 more, the amount would be \$450. During ten years the improvement of the land will more than pay the interest, and for care and labor required by the trees. For the last five years, if they are well managed, we may suppose them to yield 25 cents per tree annually; and allowing eighty to the acre (some plant one hundred), this will give \$200, amounting in five years to \$1,000—paying the investment, and leaving a balance of \$550.

For the succeeding ten years, \$1 per tree would be a very low computation, thus giving the sum of \$5,000; to which add \$550, the net gain for the first ten years, and we have \$5,550—to say nothing about the interest that might have been realized. From thenceforward, \$1,000 a year would be far below what might be expected, if we take some orchards in New York as a standard, which have yielded from four to six hundred dollars per acre. We have proof that our estimate is about fifty per cent below what has been already realized.

INTERESTING CASE OF SCROFULA.

EDS. WATER-CURE JOURNAL.

Gentlemen—Below we give you an extract from the letter of a highly intelligent and respectable lady of Orleans Co., who came to Saratoga about the 10th of June last, with a large scrofulous or ulcerous sore on her leg, of fourteen years standing, which had prevented her walking most of the time. After remaining at Doctor Hamilton's a few weeks, she returned home, where she gives the following good account of herself. It should be borne in mind, she writes only three months from her first introduction to Water-Cure:—

September, 10, 1850.

"My health is good, perfectly so, and my limb (leg) improving all the time, and I must give cold water the credit. By the blessing of Providence, it has done that for me which I know all the known medicines in the wide world could not have done, and I shall ever feel grateful to Mr. W. for his influence in the matter. I have not the least doubt but it will cure all diseases, if rightly applied in season, and more in later stages than any other practice. You may think me enthusiastic; but having seen, known, and felt in my own case, therefore I have believed. My case has excited quite an interest in Hydropathy, for all thought it a hopeless one, and now I am walking all over our village, anywhere I wish to go. You cannot imagine how I enjoy going where and when I please. I have been black-berrying four times, twice rode seven miles, and picked twelve or thirteen quarts each time. Perhaps this will do about myself this time, though I must tell you how I live or diet, viz.:—eat bread or cracked wheat and milk for breakfast every morning, but not any meat, vegetables without butter, substitute a little cream, drink cold water, often go without one or two meals for a change.

Sincerely yours,

P

We think the foregoing worth publishing for the benefit of the skeptical, whose name is yet legion. We have some facts in our own case of nearly nine years experience, that ought to convince the most doubting; but fearing the charge of egotism and enthusiasm, we forbear giving them at present. Truly yours, SETH WHALEN.

BRONCHITIS—ITS WATER TREATMENT.

BY R. BINGHAM.

CASES OF CURE AT HOME.

In May last I went to the raising of a large barn, and having few hands, I lifted very hard, and immediately my whole system became chilled. The next day I was very weak, with a short cutting pain in my breast, on the right side of the centre. It continued until the 16th of June, during which time I applied all the remedies in the regular practice without any relief, when one night, on getting into bed, I coughed, and my mouth was instantly filled with blood, which continued to flow until I had discharged near a quart. Next morning another flow, as much again at night and the next morning. In the four discharges I

think there must have been three quarts. The pain was relieved. I was then attacked with a severe cough. I applied all regular remedies for seven months, but of no avail. I then thought I would try cold water. In the morning I would get up, have a bucket of cold water poured over me, then jump into wet sheet and pack for an hour and a half—then another shower and rub off dry. At night a sponge bath, and rub dry, and in four weeks I was entirely clear of every vestige of my complaint, and have been stout and healthy ever since.

OUR ENLARGEMENT.

THE PRESENT SIZE OF THE WATER-CURE JOURNAL proves to be entirely insufficient to contain the vast amount of valuable matter accumulating on our hands from month to month. All this, together with our *immense circulation*, demand "MORE ROOM," and we have determined to have it.

OUR ENLARGEMENT will commence with the first number of the next volume. We shall add one-third more space to our borders; NEW AND ENLARGED TYPES, handsomely leaded, will be used, together with every improvement known in the art of printing.

OUR PAPER, will excel, in quality, any which we have ever before used. It will be manufactured expressly for the WATER-CURE JOURNAL.

OUR ENGRAVED ILLUSTRATIONS, in PHYSIOLOGY and ANATOMY, will be numerous, and explained in the most familiar manner.

THE SHAPE OF THE JOURNAL will be changed from an Octavo to a beautiful Quarto, resembling that of Webster's Quarto Dictionary, equally convenient for binding.

EACH DEPARTMENT will be enlarged—more Editorial matter, more original communications, more elaborate Reviews, a more copious Miscellany, and a more extensive and interesting variety. In fact, all that can be said in relation to LIFE, HEALTH, and HAPPINESS, we intend shall be said in the WATER-CURE JOURNAL.

THE WARM RECEPTION and cordial greeting with which this Journal has been received, by its patrons and co-workers, shall, if possible, be still more deserving of UNIVERSAL APPROBATION.

THE PRICE, of our HEALTH JOURNAL, will remain the same as at present, notwithstanding the enlargement, and all our improvements. (See Prospectus on last page for terms.) It shall be our ambition to furnish the best FAMILY VISITOR and JOURNAL OF HEALTH in the world.

NEW-YORK, DEC., 1850.

CORRESPONDENTS who have interesting facts or cases of cure under Water treatment, which they design for publication, will very much oblige the publishers by writing out the same on a slip of paper, separate from that containing subscribers' names. For this purpose we send each subscriber a Circular PROSPECTUS on which to record names, with their Post Office addresses.

OUR NEW PROSPECTUS FOR 1851.—With this number we present our friends and readers with our PROSPECTUS for a new volume of the WATER-CURE JOURNAL, with a view of facilitating the good work of obtaining new subscribers. We hope each PROSPECTUS will be returned to us, laden with the names of old and new subscribers.

PRESENT SUBSCRIBERS are our main reliance. Those who know the UTILITY of the Journal will work for it, and recommend it to their friends and neighbors, that they too may participate in its familiar teachings. Thus shall we be enabled, through our friends and co-workers, to "do good."

IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.

ALL COMMUNICATIONS relating to the WATER-CURE JOURNAL should, in ALL CASES, be directed to the PUBLISHERS, FOWLER & WELL, Clinton Hall, 131 Nassau street, New York.

THE JANUARY NUMBER of the WATER-CURE JOURNAL will be sent to all present subscribers, as a sample of what we intend to furnish for 1851, which they will please circulate.

DECEMBER DOSES.

BY E. T. TRALL, M. D.

MINERAL MEDICINES.—If our readers knew, as we know, and could see, as we have seen, the vast extent to which mineral poisons are employed in allopathic practice, and the multitudinous evils resulting therefrom, they would not wonder at our earnest, ceaseless endeavors to bring the whole drug system into merited contempt, but would join us in a mighty effort to introduce a better way. To prove that, though ultra, we are not unreasonable or fanatical in our opposition, we will present a brief abstract of the preparations, uses, and effects of one of the numerous "remedies" of the mineral class, to wit, MERCURY. This we shall do entirely upon allopathic authority. All the facts exhibited shall be copied without prejudice or partiality from the latest standard books and authors of that school.

We find in the works on Materia Medica, and in the Pharmacopœias, thirty-six different forms and combinations in which the medicinal use of mercury is recognised as scientific. Sometimes it is compounded with poisons even more potent than itself, and sometimes combined with destructives of lesser power. The following is the list; we give the tech-

nical terms and their synonyms, as well as the popular names:—

1. HYDRARGYRUM—*Argentum vivum*—Mercury—Quicksilver. In its metallic state mercury is used as a mechanical and chemical agent to remove obstructions in the bowels, dissolve silver coins, &c.

2. HYDRARGYRUM CUM CRETA—*Mercurius alcalisatus*—*Æthiops absorbens*—Mercury with Chalk. This is employed extensively in diseases of children, scrofula, glandular affections, digestive derangements, syphilis, &c. It is also used freely in diseases of the liver, pancreas, bowels, &c. in adults.

3. HYDRARGYRUM CUM MAGNESIA—Mercury with Magnesia. This is employed for the same purposes as the preceding.

4. HYDRARGYRI OXYDUM—*Hydrargyri oxydum cinereum*—*Hydrargyri oxydum nigrum*—Black oxide of Mercury. This is used mainly externally in ointments; and in fumigations to effect rapid salivation.

5. HYDRARGYRI BINOXIDUM—*Binoxide of Mercury*—*Red Oxide of Mercury*—*Mercurius Precipitatus ruber*—*Hydrargyrum calcinatum*—Red Precipitate. Used as an escharotic in powder, and for skin diseases in the form of ointment. Rarely given internally.

6. HYDRARGYRI NITRICO OXYDUM—*Nitric Oxide of Mercury*—*Red Oxide of Mercury*—*Red Precipitate*—Employed internally in venereal diseases, and externally as a caustic to spongy excrescences, warts, chancre, and indolent ulcers. In fine powder it is blown into the eye in opacities of the cornea.

7. HYDRARGYRI CHLORIDUM—*Hydrargyri Chloridum Mite*—*Hydrargyrum muriaticum mite*—*mercurius dulcis*—*Submuriate of Mercury*—*Protochloride of Mercury*—*Subchloride of Mercury*—*Dichloride of Mercury*—*Drago mitigatus*—*Aquila Alba*—*Manna metallorum*—*Panchymagogum minerale*—*Calomelas sublimatum*—*Calomelas precipitatum*—*Chloride of Mercury*—*Calomel*. This is the Samson of the materia medica; and it has slain ten thousand times as many as its renowned prototype. It is used more or less in the majority of diseases now prevalent among both children and adults. It is given in all sorts of doses, from half a grain to one hundred grains or more, and with all sorts of intentions, as a purgative, alterative, sialagogue, anthelmintic, chologogue, febrifuge, hydragogue, stimulant, sedative, &c., &c. It is also employed locally as a snuff in catarrhal affections to the eye in effusions, specks, &c.; and to the skin in numerous eruptions and ulcerous states. In the allopathic system, it is still the great anti-bilious, anti-inflammation, anti-fever, and anti-disease-in-general remedy.

8. HYDRARGYRI BICHLORIDUM—*Hydrargyri murias corrosivus*—*Hydrargyri Chloridum corrosivum*—*Sublimatus corrosivus*—*Muriate of Mercury*—*Oxymuriate of Mercury*—*Chloride of Mercury*—*Hydrochlorate of Mercury*—*Acidum Chlori-hydrargyricum*—*Corrosive Sublimate*. This is used rather freely in chronic diseases, rheumatisms, diseases of

the bones, scrofulous affections, skin diseases, nervous disorders, secondary syphilis. Though much more powerful, it is much less liable to produce constitutional and intestinal irritation, or salivation, by long continued use, *Rem Calomel*.

9. *HYDRARGYRI AMMONIO CHLORIDUM—Hydrargyrus Submurius Ammoniatum—Hydrargyrus Ammoniarium—Hydrargyrum Precipitatum Album—White Precipitated Mercury—Cosmetic Mercury—Muriate of Ammonia and Mercury—Ammoniated Submuriate of Mercury—Ammoniacal Oxychlorurel of Mercury—Chloroamide of Mercury—White Precipitate.* This is used only externally, in itch, herpes, porrigo, impetigo, and other skin diseases.

10. *HYDRARGYRI IODIDUM—Iodide of Mercury—Protiodide of Mercury.* This has been used principally in scrofulous and venereal diseases.

11. *HYDRARGYRI BINIODIDUM—Hydrargyri Iodidum Rubrum—Biniodide of Mercury—Deutiodide of Mercury—Per-Iodide of Mercury.* A more powerful preparation than the former, used for the same purposes.

12. *HYDRARGYRI SULPHURETUM CUM SULPHURE—Hydrargyri Sulphuretum Nigrum—Bisulphuret of Mercury with Sulphur—Æthiops Mineral.* Has been mostly employed in cutaneous and glandular affections, especially of children.

13. *HYDRARGYRI BICYANIDUM—Hydrargyri Cyanuretum—Bicyanide of Mercury—Hydrocyanate of Mercury—Cyanodidum—Cyanuret—Prussian Mercury.* Employed mainly in venereal complaints, indurated livers, chronic headache, and obstinate skin diseases.

14. *HYDRARGYRI ACETATIS—Acetate of Mercury.* It is used in venereal affections. Some quacks, who sell universal pills warranted to be "purely vegetable," put this preparation of mercury into them, because it is supposed to be less likely to produce a sore mouth, and thus lead to detection, than calomel or corrosive sublimate.

15. *HYDRARGYRI SUBSULPHUS FLAVUS—Hydrargyri Oxydum Sulphuricum—Yellow Subsulphate of Mercury—Turpeth Mineral.* Employed as an emetic, nauseant, and errhine.

16. *PILULÆ HYDRARGYRI—Blue Pill.* This is one of the most common forms in which mercury is exhibited to excite a slow and moderate salivation.

17. *PILULÆ HYDRARGYRI CHLORIDI COMPOSITÆ Compound Calomel Pills. Plummer's Pills.* Employed very like calomel and blue pill.

18. *PILULÆ CALOMELANUS ET OPI—Calomel and Opium Pills.* Used principally in rheumatic and inflammatory complaints.

19. *PILULÆ CATHARTICÆ COMPOSITÆ—Compound Cathartic Pills.* Employed as a common purgative.

20. *PILULÆ HYDRARGYRI IODIDI—Pills of Mercury and Iodine.* Used in scrofulous, glandular, and venereal diseases.

21. *UNGUENTUM HYDRARGYRI—Mercurial Ointment.* Employed to excite speedy salivation.

22. *UNGUENTUM HYDRARGYRI MITIUS—Mild Mercurial Ointment.* Applied as a dressing to ulcers, sores, and cutaneous affections.

23. *UNGUENTUM HYDRARGYRI CHLORIDI—Calomel Ointment.* Used in skin diseases generally.

24. *UNGUENTUM HYDRARGYRI AMMONIO CHLORIDI—Unguentum Precipitati Albi—White Precipitate Ointment.* Used as the preceding.

25. *UNGUENTUM HYDRARGYRI IODIDI—Ointment of Iodide of Mercury.* Used for the same purposes as the two preceding.

26. *UNGUENTUM HYDRARGYRI BINIODIDI—Ointment of the Biniodide of Mercury.* Used like the three preceding.

27. *UNGUENTUM HYDRARGYRI NITRATIS—Yellow or Citron Ointment,* called also *Mercurial Balsam.* Employed very generally in affections of the skin and scalp; as a dressing to foul sores and ulcers; also used considerably in chronic inflammatory affections of the eye.

28. *CERATUM HYDRARGYRI COMPOSITUM—Compound Mercurial Cerate.* Applied to indolent tumors, enlarged joints, &c.

29. *LINIMENTUM HYDRARGYRI COMPOSITUM—Compound Mercurial Liniment.* Applied like the cerate just mentioned.

30. *EMPLASTRUM HYDRARGYRI—Plaster of Mercury.* Used for the same purposes as the liniment; also as a local stimulant.

31. *EMPLASTRUM AMMONIACI CUM HYDRARGYRO—Plaster of Ammoniacum with Mercury.* A more powerful compound than the preceding.

32. *LOTIO NIGRA—Aqua mercurialis nigra—Black Wash.* An application for venereal sores.

33. *LOTIO FLAVO—Yellow Wash.* Used in skin diseases and chronic ulcers.

34. *LIQUOR HYDRARGYRI BICHLORIDI—Solution of Corrosive Sublimate.* This is employed internally in various diseases.

35. *LIQUOR HYDRARGYRI ET ARSENICI IODIDI—Solution of Iodide of Mercury and Arsenic.* These three potencies combined seem to make a pretty strong remedy. The preparation is used internally.

Having thus counted up the mercurial preparations according to the standard books, let us enumerate the distinct and specific diseases produced by mercurial preparations, according to the authority of the same books.

1. *Pygalismus Mercurialis—*Commonly called salivation.

2. *Morbus Mercurialis—*General mercurial inflammation.

3. *Tremor Mercurialis—*Shaking palsy.

4. *Pællismus Metallicus—*Stammering; sub-paralysis of the articulating muscles.

5. *Hæmoptysis Mercurialis—*Bloody expectoration.

6. *Delirium Mercurialis—*Mercurial delirium.

7. *Epilepsia Mercurialis—*Mercurial epilepsy.

8. *Apoplexia Mercurialis*—Mercurial apoplexy.
9. *Cachexia Syphilitidea*—Venereal disease aggravated by mercury.
10. *Febris Mercurialis*—Common mercurial fever.
11. *Erethismus Mercurialis*—Adynamic or sinking mercurial fever.
12. *Stomatitis Mercurialis*—Mercurial inflammation of the stomach.
13. *Gastro-enteritis Mercurialis*—Mercurial inflammation of the stomach and bowels.
14. *Parotitis Mercurialis*—Inflammation of the parotid glands.
15. *Necrosis Alveoli Mercurialis*—Ulceration of the jaw bones.
16. *Cancrum Oris*—Gangrene or rotting of the mouth.
17. *Diarrhea Mercurialis*—Mercurial purging.
18. *Ptyalismus Pancreaticus Mercurialis*—Mercurial inflammation of the pancreas.
19. *Urorrhea Mercurialis*—Excessive flow of urine.
20. *Hidrosis Mercurialis*—Profuse mercurial sweating.
21. *Ecrema Mercuriale*—also called *Ecrythema Mercuriale*, *Lepra Mercurialis*, *Hydrargyria*, *Erysipelas Mercuriale*, and *Spilosis Mercurialis*—General mercurial erysipelatous inflammation of the skin.
22. *Miliaria Mercurialis*—Mercurial miliary eruption.
23. *Herpes Mercurialis*—Mercurial tetters.
24. *Psyracchia Mercurialis*—Another form of mercurial skin disease.
25. *Impetigo Mercurialis*—Still another form of mercurial skin disease.
26. *Herpes Preputialis*—Mercurial eruption of the prepuce.
27. *Conjunctivitis Mercurialis*—Mercurial inflammation of the outer membrane of the eye.
28. *Iritis Mercurialis*—Mercurial inflammation of the iris.
29. *Retinitis Mercurialis*—Mercurial inflammation of the retina.
30. *Angina Mercurialis*—Sloughing ulceration of the throat.
31. *Ostitis Mercurialis*—Mercurial decay of the bones.
32. *Periostitis Mercurialis*—Mercurial inflammation of the periosteum.
33. *Hypertrophia Mercuriale*—General enlargement of the glandular structures.
34. *Adenophyma Inguinale Mercuriale*—Enlargement of the glands of the groin.
35. *Adenophyma Axillare Mercuriale*—Enlargement of the glands of the armpit.
36. *Adenophyma Mesentericum Mercuriale*—Enlargement of the mesenteric glands.
37. *Adenophyma Parotidæum Mercuriale*—Enlargement of the parotid glands.
38. *Adenophyma Pancreaticum Mercuriale*—Enlargement of the pancreas.
39. *Adenophyma Testiculæ Mercuriale*—Enlargement of the testes.

40. *Adenophyma Hepatophyma Mercuriale*—Enlargement of the liver.

41. *Adenophyma Cordyloma et Ganglion Mercuriale*—Enlargement of nervous plexuses and ganglions.

42. *Ulcus Membrane Fibrosæ Mercuriale*—Ulceration of the fibrous membranes.

43. *Ulcus Glavulorum Mercuriale*—Ulceration of the absorbent glands.

44. *Neuralgia Mercuriale*—Mercurial tic douloureux.

45. *Paralysis Mercurialis*—General mercurial palsy.

46. *Paraplegia Mercurialis*—Palsy of the lower half of the body.

47. *Asthma Mercurialis*—Mercurial asthma.

48. *Amaurosis Mercurialis*—Mercurial amaurosis.

49. *Hypochondriasis Mercurialis*—Mercurial hypochondriasis.

50. *Cachexia Mercurialis*—Mercurial emaciation.

51. *Spasmodica Mercurialis*—Mercurial convulsions, always ending in death.

Here we have more than half a hundred specific diseases, affecting almost every part, organ, and structure of the body, produced by one specific remedy; and here one remark is deserving especial remembrance. These diseases do not manifest all or even the worst effects of this drug. More commonly the mineral kills by aggravating the usual symptoms of the disease for which it is given, or suppressing the efforts of nature in throwing off the malady, without producing any effects or symptoms which could be clearly traced to its operation. Manifold and malignant as are its apparent effects, those which death terminates, and the grave conceals, are yet the worst.

The great uncertainty of its operation—whether it prove remedial or only poisonous, or both—is noticed by every writer on materia medica. With a few specimens selected from the authorities heretofore named, we conclude this article.

"I have repeatedly seen inflammation and ulceration of the mouth, and profuse salivation, induced by a few grains of calomel, or some other mineral."—*Pereira*.

"A very frequent consequence of excessive mercurial salivation, and the attendant ulceration and sloughing, is contraction of the mucous membrane in the neighborhood of the anterior arches of the palate, whereby the patient is prevented from opening the mouth, except to a very slight extent. I have met with several such cases. In one (that of a female) it followed the use of a few grains of the blue pill, administered for a liver complaint. The patient remains unable to open her mouth wider than half an inch. Several operations have been performed by different surgeons, and the contracted parts freely divided, but the relief was only temporary. In another instance (that of a child, four years of age), it was produced by a few grains of calomel. Though several years have elapsed since, the patient is obliged to suck his food through the spaces left

between the jaws by the loss of the alveolar process.”
—*Pereira's Materia Medica*.

Dr. Wilson Phillip has witnessed a severe mercurial salivation from a single dose of blue pill.

“A patient of Mr. G.’s desired him never to give her any mercury, as that drug was a poison to her whole family, to which he, without arguing the point, at once assented. In Mr. G.’s absence, the late Mr. C. was consulted as to some trifling disorder of the bowels, and, not knowing the peculiarities of his patient’s constitution, prescribed *two grains* of calomel. The next morning the lady showed the prescription to Mr. C., saying that she was sure she had taken mercury, as she felt it in her mouth. In a few hours ptyalism ensued ; in consequence of which she lost her teeth, her jaw exfoliated, and she ultimately, after a succession of ailments, died in about two years.”—*Dr. Farrer*.

“A man took two, then three, and subsequently four grains of calomel daily for two months, without inducing salivation ; but three months afterwards he became affected with chronic vomiting, the consequence of a schirrous pancreas, of which he died in four months.”—*Neumann*.

Hellmeyer has reported a case in which a few grains of calomel, taken as a laxative, caused death.

Vagnitius once knew fifteen grains to prove fatal.

Dr. Roberts publishes a case in which an ounce was swallowed by mistake, and retained two hours without any apparent injurious effect.

In the Cholera Hospital at Bethnal Green, in 1832, several patients took sixty grains of calomel once in two hours, without any particular mercurial effect.

Dr. Griffin, of London, has repeatedly given calomel in scruple doses without any symptoms of salivation.

We leave this contradictory testimony with a quotation of equally contradictory experience from Dr. Gooch :—

“Whytt, Odier, Quin, Wilmer, Lieb, and others, says Gölis, gave calomel internally in far larger doses in this disease (acute hydrocephalus), as two, three, and more grains at a time ; and continued its use many days, without considering the many evacuations from the alimentary canal, or the violent colic pains ; and they affirm that they have never remarked from these large doses any bad consequences in the abdomen. Melancholy experience compels me to contradict them. Many times I saw, under those large and long-continued doses of calomel, the hydrocephalic symptoms arise, and inflammation of the intestines arise, which terminated in death. Still oftener I observed this unfavorable accident from an incautious use of calomel in croup, viz : when all the frightful symptoms of this tracheal inflammation, which threatened suffocation, suddenly vanished, and

enteritis developed itself, which passed rapidly into gangrene, and destroyed the patients.

The following arithmetical proposition may be regarded as a natural deduction from the foregoing data :—If thirty-six drug-preparations produce fifty-one drug diseases, how many drug-diseases will the fifteen hundred drug-preparations of the whole *materia medica* produce ?

NATURAL MEDICINES.—The true physician, who recognizes nature as the great master, and the restorative power as existing in the living organism itself, has not to travel out of the order of natural laws to find a complete, a perfect *materia medica*. In those hygienic agencies whose constant operations and influence are essential to life and health, he finds ample materials for correcting those deviations from the laws of constitution and relation which constitute disease. With water, air, food, drink, temperature, and exercise, he can remove obstructions, furnish power, supply material, regulate the conditions and modify the actions of any or all the organs and functions of the body, as required by the existing circumstances. In their adaptation to the cure of disease there is no necessary danger ; there need be no accidental slaughter. How different then is Hydropathy from Allopathy ; just as different as nature is from its perversion !

ETHER IN CHILDBIRTH. We have been among the opposers of dosing parturient women with ether and chloroform, which is now becoming so fashionable under allopathic auspices. The objection we have mainly urged has been on account of the danger to the mother. But it is very clear that, whether the mother is injured or not, the child must be. Here is a case in confirmation from the Boston Medical and Surgical Journal :—

It has been observed, when ether has been given to parturient women, that its odor is discoverable in the breath of the child after birth ; showing conclusively, that the blood of the mother must have been very strongly impregnated with the ether. Having observed the same phenomenon in a case that occurred in our practice a short time since, we were fully convinced that the fetus may be etherized in utero. But what appeared to us as very remarkable, was the short time that elapsed between the mother’s inhaling the ether, and its sensible presence in the lungs of the child, which was born in *just twenty minutes* after the first inhalation by the mother. The quantity used, in this case, was two and a half ounces only, and at no time was the consciousness of the patient destroyed, but on the contrary she was bright and cheerful, even when the *pains were most severe*. There was no mistake about it whatever, the child being at the time in another room where there had been no ether. The nurse, while washing it, directed our attention to the fact that the “*child’s breath was all ether*,” and upon drawing near to it, we could readily distinguish the smell of the vapor. The little fellow was very good-natured indeed, and did not seem to mind the manipulations of his first toilette, which the kind-hearted nurse performed in a manner that would put the opposers of hydropathy in shivers.

COLDS AND CANDIES.—Careless children are often

catching colds about these days, and mothers and nurses, more fond than wise, are continually stuffing them with lozenges, candies, liquorice, pastes, or jellies, to ease their barking coughs, and smooth the rough surfaces of their little throats. This is wrong; we speak with due respect to the trade of shopkeepers and doctors, but earnestly. Most of these things are poisonous trash, and all of them are injurious. There are easier, cheaper, surer, and better ways to prevent or cure colds. Wash or bathe your children daily in cool or cold water, and their colds, coughs, rheums, and humors will be few and light. To medicate them when sick from those affections, bathe still more frequently, and restrict them to the simplest kind of diet. Don't let them get swelled out with grease like fattened pigs. Plump children are beautiful, but fat children are a libel on human nature. Such children are more liable to diseases of all kinds, and more susceptible to changes of temperature. Healthy children, who are regularly bathed and properly fed, will be neither fat nor lean. The thing is impossible. They will be just smooth and round enough to look pretty and intelligent, while your lean little one appears as wo-begone as a pair of tongs, and your fat face is as expressionless as a ball of wax, or an enormous pumpkin. If children are one or the other, we assume and assert that they are not bathed rightfully, or are fed wrongfully—very likely both. Do not give them meats, gravies, or grease of any kind, if you would have them grow up with pure appetites and sound constitutions. Many a young child, as fair as a rose-bud, with features as fine as were ever stamped on beauty's image, has grown up coarse, rough, rusty, and sickly, all the way to manhood or womanhood, because it was fed on pork rinds, shell-fish, sweet cakes, and nick-nacks in general, instead of bread and milk, fruits and vegetables. It is a most palpable physiological truth, that all handsome children will grow more homely as they advance in years if their food is bad, and all homely children will grow continually better looking if they are fed on plain, simple, healthful, and natural food. Those mothers who feel proud of their "little beauties" had better understand this.

PRACTICE IN WATER CURE.

BY T. L. NICHOLS, M. D.
CASE XIX.—CONSTIPATION.

ONE morning a German artisan called at my house, evidently in the greatest agitation and alarm, and begged me to hasten to the lower part of the city to see his child, who he feared would die of dropsy on the brain. It was impossible to refuse his urgent appeal, though my going involved a breach of medical etiquette, for he had already employed another physician. But, though I wish to observe all the courtesies of the profession, humanity has still higher claims; and while I would not violate the one, I can never turn a deaf ear to the promptings of the other.

The patient was a child a year and a half old. It had been taken with a cold—congestion of the head and lungs; there was some irritation from teething; but the high fever, great fullness, and tendency to cerebral congestion were not sufficiently accounted for. On making inquiries, I found that very little had passed the child's bowels for some days; that the father, of his own motion, had given some injections, and had brought away some hard lumps like bullets, and so black that the very water of the injection looked like the rinsings of an ink bottle.

This phenomena seemed so strange that I set myself to investigate it. I felt the child's bowels. They were too full, but not very tense, nor tender on pressure, and the fever had been well subdued by frequent packings. The color was not caused by disease. What had he eaten? He had been fed on Farina, boiled in milk; a very pleasant, nutritious food, but far too rich and concentrated. This was enough to account for the constipation, but not for the color. He had also eaten stewed apples; but not enough to neutralize the constipating effect of the Farina. This food the child had eaten in no limited quantity, until by a very healthy instinct he refused the Farina and milk, though he continued to eat of the apple sauce.

I asked now to see the stewed apple. It was of a dark color, but by no means of the singular blackness of the feces. I next asked for the dish it had been stewed in. The murder was out. It was an old tinned stew-pan, with the tin so worn off the inside that the acid of the apples acted freely upon the sheet iron; and when this solution of iron came in contact with the bile, the product was ink.

A vigorous use of tepid injections—warm rubbing of the feet to counteract the tendency to cerebral congestion; wet clothes to the head, and packs and bandages and baths as required, soon brought the child towards a healthy condition. The bowels became natural in movement, and in the color of the dejections; the temperature of the head fell to the natural standard; the feet simultaneously became warm; the breathing was less oppressed, and all the symptoms were highly favorable in twenty-four hours.

The alarm of the father was not without cause. He had lost two children by dropsy on the brain, under the Allopathic treatment. This was his only child, and though a poor man, he prized it as highly as if he had had a fortune to leave it.

A word now as to the proper diet for this child, and for all children,—for diet is an exceedingly important matter with children of this age. I directed, that, as his appetite returned, he should be fed three times a day with milk and water,—say one-third water,—in which was crumbled wheat meal bread, with a little baked apple. Now as to quantity: At first one gill of milk and water and one ounce of bread, and the amount of half a medium-sized apple would be sufficient. Then increase it gradually to a half pint of diluted milk, and two ounces of bread

and a medium-sized apple at a meal, and this is enough for any child under five years of age.

Thousands of children are killed by feasting and stuffing. Too much food, or food of any improper character, gives them irritation of the stomach. This is mistaken for hunger, and more food is given them. If all parents would watch carefully over the food of their children, see that they eat regularly and properly, and stop the supplies on the first appearance of illness, they would seldom need the doctor.

"Would you have me starve my child?" I hear some anxious mother exclaim. By no means, madam. I would have your child fed in the best possible manner, and in the best way to secure his health and your happiness. I know by experiment, made upon myself, that eight ounces of brown wheat bread, and one pint of milk a day, or the value of this in other articles, is sufficient to sustain in health and comfort, and without losing weight, a rather large and pretty active man; and I am quite sure that what I have found amply sufficient for days and weeks together, will not starve a child five years old.

Try it! The experiment is very easy. Weigh yourself; then weigh out your food, or estimate it as closely as you can for a week; and if you find that eight ounces of solid nutriment a day is not sufficient to keep up the tone and vigor of the most active constitution, charge the balance to my account.

I am not talking now of a hunger cure. That is all very well where it is needed. I am talking of a sufficient nutrition—of enough; and "enough is as good as a feast," says the proverb. It is a great deal better. A feast makes people sick. Just enough never hurts them.

When I say *solid nutriment*, I mean just that. Thus, to get eight ounces of solid nutriment you would have to take more in weight of almost every thing eaten. It would require nearly eighty ounces of turnips or beets or apples, for these are nearly all water; thirty-two ounces of lean flesh; about thirty ounces of potatoes; but not more than twelve ounces of wheat, or peas, or beans, nor more than ten ounces of oatmeal, or rice. I mean all these in their uncooked state, as some of them absorb a large proportion of water in cooking. Thus half a pound of rice, when cooked, makes a pretty bulky dish.

There is one point in the above statement, which I make on unquestionable authority, that may be deserving of consideration. It is, that while wheat, oatmeal, cornmeal, and rice, contain from eighty-five to ninety per cent. of pure nutriment, the best beef does not contain above twenty-five per cent, and even that is so ill adapted for food that we require to eat some vegetable with it to make it tolerably wholesome.

This may seem a long story about a short case. It was a short case, thanks to Water-Cure. Allopathy, judging by its usual success, would have made it as long as eternity.

CASE XX.—CHRONIC RHEUMATISM, ETC., ETC.

I know not what other heading to give to the case I am about to describe, for the benefit of the hopelessly afflicted.

The lady of one of our importing merchants, a lovely and interesting woman of forty-six, with a family of four children, was brought to our house some months since, under the following circumstances:—

She had been sick for twelve years. For a great part of this time she had suffered from Chronic Rheumatism, and had lost the use of her limbs so as to be almost utterly helpless. Her constant pain had made the use of opiates habitual to her; and stimulants had been prescribed to such an extent for her debility, that she had come to live upon them. She had had advice and treatment of some of the first Allopathic physicians in this country, and had been twice to England for medical advice, where she had consulted the most eminent physicians in London.

When I saw her she had returned, for the second time, from Europe, hopeless of all aid, unless I could give her hope of the Water-Cure. It seemed, indeed, a hopeless case. She was emaciated to a skeleton. She had almost lost the use of her limbs, and scarcely made the effort to help herself. With no appetite for food, she was sustained by the meager nutriment and miserable stimulus of ale and porter. Her pulse was reduced to a feverish thread. Her legs and feet had almost lost sensibility and circulation. Her uterine system was disordered, and its characteristic function had not appeared for five years.

We decided to give this lady and her family the benefit of what must have seemed a forlorn hope. She was carried up to her room; and I felt by no means sanguine that she would ever leave it live. If she had strength to bear up under the treatment, and the change in all her habits for the first ten days, I felt that there was a chance for her recovery. The case was properly represented to her husband and relatives; but the case was hopeless otherwise, and they decided to make the trial; the poor lady submitted to the judgment of others, for she was too weak to have much will of her own.

Her treatment was adapted very carefully to her condition. We had to feel our way with tepid baths, partial packs, and gentle frictions; regulating each day's applications by the operation of the preceding ones. She began to pack with a single small napkin, and even that chilled her at first, in August. She took tepid sitz baths, and used the vagina syringe, with water at seventy-two degrees. Her bowels were moved daily with injections, until they became regular. It is impossible to give a detail of treatment which had to be varied from day to day.

Her diet was as important as her treatment, I was about to say; but it was a very important part of it. All stimulants, all opiates, all narcotics were at once,

and, I trust, forever, abandoned. She was furnished with the simplest, blandest, and at the same time most digestible and nutritious diet, consisting of bread, fruit, eggs, milk, and sometimes a few rarely-cooked oysters. It was varied so as to suit her appetite, but a large portion of her living was peaches, which were ripe and delicious.

At first, as may be supposed, she ate very little, and suffered great prostration from the loss of habitual stimulants, but the water did much to sustain her. In about a week I found her at the turning point. Her pulse fluttered, her pale lips trembled, the scale stood upon an even poise for life or death; but it turned the right way, and from that time, day by day, she has been rising in health. The whole process was that of building up a new and pure life; and I have seen her go steadily onward, while she remained at our house, and since she has become well enough to take her treatment at home, with unalloyed delight. The color has come into her cheeks and lips, the fire into her eyes, the wrinkles have gone from her forehead, and she bids fair to be the rival of her daughters in beauty and vivacity.

The case has presented many curious phenomena. Her pulse has increased in strength with great regularity. The restoration of the circulation of her limbs has been attended with prickings, burnings, itchings, and swellings. Her appetite has grown quite sharp enough for comfort. The last symptom I have noted is a return of an almost healthy menstrual evacuation, after a cessation of five years.

The cure is by no means completed; for there is still much stiffness and pain remaining. A disease of twelve years, with all its utterly useless, and for the most part horribly mischievous medication, cannot be cured in as many weeks, even by the Water-Cure; but I am satisfied that I have the foundation laid for a permanent cure.

May this case be an encouragement to all who are in like manner afflicted.
87 WEST 22D ST.

“THE DAWN OF A BRIGHTER DAY.”

BY ROLAND S. HOUGHTON, A.M., M.D.

THE intelligent observer of the progressive changes of feeling and sentiment among regularly-educated medical men, can hardly have failed to notice within the last few years, that they have begun to devote no inconsiderable share of their attention to the study of *Hygiene and the remedial uses of Water*. It is an unquestionable fact, that the best minds in the profession are gradually awakening to a consciousness of the fact that it is as much the duty of a true physician to *prevent* as to *cure* disease; and that for the purpose of fulfilling both indications, there is hardly any agent to be compared to WATER, in point of efficacy and universality. The time is within the recollection of nearly all of us, when purity of air was, a rare luxury in our apartments; when errors of diet were “the rule,” instead of “the exception;” when every one considered a fragrant feather-bed a *sine*

quâ non of comfort; when exercise was commonly voted troublesome and vulgar; and when WATER was banished from every sick chamber. I do not mean to say that the world is “all right now” as regards these points; unhappily the same errors may still be detected, and possibly always will be noticeable; but what I do mean to say is, that these matters are now beginning to be estimated at their true value. Thanks to the influence of “THE WATER-CURE” upon the profession and the public, hygienic principles have come to be regarded as not absolutely beneath the attention of a medical man,—much less of our Boards of Health and our Sanitary Commissioners; while as regards the uses of WATER, practitioners are beginning to slip their lancets into their pockets, and remember that “they have always thought highly of cold water and ice, and even made so much use of them in their practice as to be the talk of the neighborhood.” It is gratifying, too, to notice that medical men are now more willing than formerly to write and publish works designed for *popular* instruction, instead of treasuring up their thoughts and experience until they could find time to embody them in an abstruse, technical, and recondite *Treatise*—destined, in most cases, to an inglorious slumber on the publisher’s shelves.

It is undeniably true that the profound impression which HYDROPATHY has made upon the public mind has greatly tended to bring about the changes to which I have alluded: the wonderful cures which have been effected, both in Europe and America, by virtue of hygienic and hydropathic management, have set men’s minds at work, and all candid and intelligent members of the medical profession who have looked into the matter—I do not care to what school they belong—have discovered to their surprise that there are remedial virtues in something else beside *p.isons*,—in pure air, pure food, pure water, and pure habits. Especial attention is now paid to *the skin*; and it is a fact which all rational hydropathists should bear in mind, that by far the ablest, most elaborate and most sensible work upon the influences which tend to keep that organ in health, is from the pen of “a regularly-educated medical man,” of the “allopathic” persuasion. I refer to the admirable *Treatise on Healthy Skin*, written by ERASMUS WILSON, M. D., F. R. S., and author of the well-known text-book familiarly known as *Wilson’s Anatomy*. In this very treatise, furthermore, there is a candid exposition of the advantages of the hydropathic mode of treatment, and of the benefits that would result if the regular practitioners would only consent to “adopt the improvements.”

Sir CHARLES SCUDAMORE’S elegantly-written account of his *Medical Visit to Grafenburg*, is another publication evincing a profound discrimination and a wise liberality on the part of its distinguished author; and I must not omit to mention in the same category the manly tributes of Drs. FORBES, SMITH-

URST, MAYO, FREEMAN and COOKE, to the undeniable merits of the modern WATER-CURE.

I have specified these publications, because, on account of their having emanated from sources to which no exception could be taken with any show of justice, they have exerted a marked influence upon the feelings and views of "the regular practitioners." Had the opinions set forth in them been advocated solely by professor and well-known hydropathists, so great and so deeply-rooted are the prejudices of "the profession" against everything that emanates from what appears to be a rival school, that it is highly improbable that they would have wasted a thought upon them, or greeted them otherwise than with bitter derision. But, endorsed and defended as these opinions have been, by SCUDAMORE, FORBES, WILSON and others,—practitioners of the highest reputation wherever our language is spoken,—it has become a matter of necessity with all earnest inquirers after "the good and the true" in medical science, to investigate the claims of a system so honorably befriended. And the results of these inquiries are daily becoming manifest. WATER is rapidly gaining its merited rank in the *materia medica*; and one may hear almost daily of physicians who habitually employ some of our hydropathic remedies. For instance: the hip-bath is in very wide request in both New York and Brooklyn; wet bandages are so commonly employed in medical and surgical treatment now-a-days as not to excite any "special wonder" here mentioned; and many a fever-tossed sufferer has reason to bless the day when PRIESSNITZ repealed the embargo upon *Water*.

I have been led to jot down these few cursory observations, from the circumstance of having met with the following passage in a report of *Dr. Parker's Clinique* for September 16th, prepared for the "New York Register of Medicine and Pharmacy." [The patient presented before him and his class was a little girl, about eight years old, suffering from scrofulous disease of the knee-joint.]

"The term *Scrofula*," (said Dr. PARKER,) "is unfortunately more frequently made use of than comprehended. It is often supposed that *Scrofula* is necessarily a hereditary difficulty; but such is not the case. It may be hereditary, or it may not be. What I wish to be understood as meaning by the use of this term is a distinct pathological condition which is the result of imperfect nutrition, and which always precedes tubercular disease, whether in the *knee*, as in this case,—or in the *back*, as in caries of the spine,—or in the *lungs*, as in consumption. *Scrofula* is then the mother of tubercles—a condition in which the tissues are not healthy and the blood is deficient in fibrine, and consequently albuminous depositions take place, which ultimately soften down, presenting the varied phenomena as exhibited in the different organs which become the seat of the disease.

"Although the offspring of unhealthy parents may inherit *scrofula*, or a predisposition to it, yet we often see it when the parents are both healthy; and, on

the other hand, scrofulous parents sometimes have healthy children, but the exceptions in this case may perhaps be considered rare. *A more common cause of this extensively prevalent disease is to be found in the violation of organic laws in the various habits of life: in fact, anything which interferes with the healthy functions and nourishment of the system, as bad air, bad food, and a want of proper attention to the functions of the skin, the office of which is as important as that of the lungs.*

"The absolute necessity of pure air for our health is too little understood. Confine any of the lower animals in the low, damp, ill-ventilated cellars which many poor families occupy, or, on the other hand, to the confined apartments of the wealthy class, and they would sooner or later die of tubercular disease; and the experience of every one tells that plants will cease to live under such circumstances; and can it be supposed that man would suffer less from being shut out from the free air of Heaven, intended for him to breathe? With regard to *food*, there is more fault in this respect, if possible, than in any other. Children are brought up on candy and sweetmeats, and allowed to drink their tea and coffee, which are not only destitute of nourishment, but disorder the stomach and prevent nutrition from the good food taken with them. We might as well think of getting good flour from smut wheat as good blood from such materials as these.

"*Treatment*.—You will understand, from what I have already said, that the indications here are for nourishment: *good food, pure air, and a clean skin, are the hygienic means; while, locally, a bandage may be applied and kept wet with cold water.*"

Such was the language of the Professor of Surgery in the College of Physicians and Surgeons of this city; an institution which has long enjoyed a very high reputation throughout the length and breadth of our country, for the ability of its corps of Professors (amongst whom Dr. MOTT has recently been enrolled), and for its lofty standard of medical education. Am I not justified, then, in prefixing to these observations the title I have chosen? Are we not looking upon "the dawn of a brighter day" in rational medicine, when we behold our ablest Professors uttering such views as I have quoted? And is it not our duty, not only as hydropathists, but philanthropists, to receive such a declaration with a cordial welcome? For my own part, I cannot admit that there are two sides to this question. The mind must be narrow and the soul contracted which cannot experience pleasure in contemplating this sign of the increasing interest of medical men in the progress the hygienic movements of the day.

No. 8, West Eleventh street.

GNAWING ON A FILE.—That man who attempts to retard the progress of the WATER-CURE.

MEDICAL EDUCATION.

BY T. L. NICHOLS, M. D.

"We must have a Water-Cure College," says Noggs.

Well, if we must, we must; but when, and where, and how?

We need one now, if ever; but where is the capital to endow it? and where are the Professors to take its chairs? What flourishing hydropathic institution can spare its physician to become a teacher? And what are the six professors, which is the standard number in this region, to do? Shall one be teaching Water-Cure Anatomy, another Water-Cure Physiology, another Water-Cure Chemistry, and another Water-Cure Materia Medica, with professorships of Water-Cure Theory and Practice, Water-Cure Surgery, and Water-Cure Obstetrics?

Surely, no friend of our reform would wish to see such an imitation of the humbug institutions with which we are surrounded.

No intelligent person ever attended a course of medical lectures in any of our allopathic institutions, without a painful sense of loss of time, and useless expense. The courses of lectures last four months, say one hundred lectures. Each professor gives his one hundred, without regard to the scope or importance of the subject. I have listened to a hundred lectures for a hundred weary hours, when the whole matter could have been much better presented in twenty, or even in ten, by a man who had any mastery of his subject. Again and again have I sat an hour, hearing a distinguished professor talking against time, and reeling off a ridiculous rhodomontade, simply because he was obliged to lecture an hour, when all he had to say could have been plainly stated in five minutes.

A great portion even of what is valuable in these lectures could be much better learned from the class-books. Students sit and chafe with impatience to hear the most simple principles dwelt upon and illustrated, as if they were the pupils of an infant school; while things they wish to have light upon are skimmed over in the most superficial and unsatisfactory manner.

The truth is, that this whole system of colleges, professors, and lecturers, comes down to us from the barbarous ages, with very little, and, some think, no improvement.

I do not think it is possible to have such a college, nor desirable if it were possible.

If any man thinks he is able to instruct others in the elements of a proper Water-Cure medical education, let him open his school. If two or more choose to join together for the same purpose, there is nothing to hinder them. Many distinguished physicians and surgeons in England, France, and in this country, give their own private courses of instruction, and attract pupils according to their ability. This is as it should be. We want no college to bolster up imbecilities, and enable incompetent men to get mo-

ney under false pretences. I have sat in a medical lecture-room, where a "learned Professor" was talking bald trash by the hour, and then made an estimate that the class had paid seventy-five dollars for an hour of tiresome chatter, destitute of a single available idea. We want no such college as this.

It is well known that not one student in a hundred would attend full courses of medical lectures, were it not necessary, to secure his diploma. Some of them are not attended by one-fifth of the class; but the routine goes on all the same, and the fees are paid all the same. One professor will have a full class, while another lectures to empty benches; but the fleeced flock of students must pay both alike. The professor gets his money, and the student his diploma, each under false pretences. Certainly, the voluntary system of private instruction is better than this.

The law requires three years as the full term of medical pupilage; yet that law can be easily evaded. Once, when I was speaking to a medical professor about graduating at his college, he said, "Come on—attend a course of lectures, get a certificate from John Snooks, and we'll put you through by daylight." Fortunately, I could dispense with any such certification. I know a man who had not studied medicine at all, who sent and bought a set of tickets for a course of lectures at a medical college in the interior, where he had never been, and never intended to go, with the design of attending a course of lectures here, presenting a Peter Funk or John Snooks certificate, and getting his diploma in one term.

What is the use, then, of prescribing a course of study of so many years, and so many hundred lectures? It is a lucrative farce. The truth is that one student can and will learn as much in one year as another will in three years; and any man of decent capacity, with or without the lectures, can pass examination at any of our colleges by six months hard study. When a man is qualified, whether it has taken a longer or shorter period, and whether he has heard six hundred lectures or only six, the work is done. What more does any one want? In this State, any man who wishes to practice law can demand an examination, and, if found competent, he is admitted to practice. Why should medicine be less liberal than law?

My idea of a proper course of education in water-cure medicine is not a narrow one. I would have it include, in a single and comprehensive course of lectures and reading, the study of
Cosmogony;
Chemistry, inorganic and vital;
Natural History, including the anatomy and physiology of plants and the lower animals;
Human Anatomy and Physiology;
Psychology, in its most comprehensive sense;
Pathology, including Hygiene;
Hydrotherapeutics; Surgery and Obstetrics.

This course, as I have planned it, and mean to

carry it out, as far as circumstances will admit, would require about six months of reading and lectures,—lectures three hours a day, and reading six;—and six months of observation of water-cure practice, with such opportunities as any large and well-regulated establishment could give, ought to qualify any man to understand and practice hydropathy, who could ever be qualified by any process whatever.

This is my idea and my plan of a water-cure medical education. If anybody has a better one, let us see what it is.

REVIEWS.

HYGIENE AND HYDROPATHY.*

BY T. L. NICHOLS, M. D.

DR. HOUGHTON shows that he has well apprehended the true office of a physician, in placing the preservation of health before the cure of diseases. This has been manifest in all his public efforts. As editor of the writings of Bulwer, Forbes, and Wilson, his own modest and sensible portion of the book was almost entirely devoted to the prevention of disease; and this is the most striking feature of the work before us.

The address of Dr. Houghton, on the occasion of the late Hydropathic Convention, has been presented to the readers of the Journal. They will remember it as a spirited criticism on some of the attacks of the opponents of the water-cure, a forcible exposition of the *vis medicatrix naturæ*, or the healing powers of nature, an explanation of the necessity of remedial agents, and a strong argument in support of the proposition set forth in the constitution adopted by the convention, that "of all the remedial agents which the experience of ages has shown to be requisite to assist nature in her operations, water is by far the best, the safest, and the most universal in its application."

The second lecture, one of two delivered before the New York Mercantile Library Association, "Hygiene, the true moral of the Cholera," is an admirable and eloquent vindication of sanitary laws. The great lesson of the cholera is taught skillfully and effectively; and wherever this portion of his book is read, Dr. Houghton will be recognized as a benefactor. It is something so comparatively rare, and at the same time so beautifully unselfish, for a physician to labor for the public health, and so undermine his own profession, that every one who does it is entitled to our admiration and gratitude.

"Hydropathy, Rational and not Empirical," is the title of the concluding lecture—a sharp criticism

on allopathy, and full of eloquent arguments in favor of the water-cure. The argumentum ad hominem is used with adroitness and advantage, and our opponents are condemned out of their own writings.

The whole work, a well-printed volume of 132 pp., is entirely characteristic of its author—modest, elegant, ingenious, liberal, conscientious, and benevolent. Dr. Houghton, with all his critical acumen, wishes to be conciliatory; with all his enlightenment, he wishes to be conservative. While he is, in many things, in the front rank of thoughtful progress, he has an amusing horror of being considered an ultra, and, while he is an active and persevering reformer, he can scarcely tolerate the word reform. To those who know him, this is easily explained. His benevolence shrinks from denunciation, and his taste is offended at the rough, uncouth, backwoods aspect of many of the pioneers of social progress. Dr. Houghton is a gentleman and a scholar—his writings are always gentlemanly and scholarly; but, for all that, he is not the less ultra, not the less a reformer; and his conservatism is chiefly and most happily shown in his efforts to conserve the public health.

BULWER AND FORBES ON THE WATER TREATMENT.

Edited, with additional matter, by R. S. HOUGHTON, M. D. Price, 75 cents. For sale at the Journal office.

This volume contains the Confessions of a Water Patient, by SIR EDWARD BULWER LYTTON; a Paper on Hydropathy, by JOHN FORBES, M. D., F. R. S., etc.; Remarks on Bathing and the Water Treatment, by ERASMUS WILSON, M. D., F. R. S., etc.; Opinions of MR. HERBERT MAYO, etc., SIR CHARLES SCUDAMORE, M. D., F. R. S., etc.; and Observations on Hygiene and the Water Treatment, by the EDITOR.

Of this work, the *New York Courier and Enquirer* remarks:—

"DR. HOUGHTON is a gentleman of thorough classical and professional education, who, after completing his medical studies with the best facilities afforded by our country, has deliberately adopted the principles of the WATER-CURE as the safest foundation of his practice. We heartily wish him success with all those who are in search of lost health."

"We most cheerfully commend this handsome volume. * * * The article by DR. HOUGHTON is a comprehensive paper, and contains a great deal of important information respecting the bodily as well as mental health of man."—*National Intelligencer*.

We might fill the Journal with similar notices, but these are sufficient.

It will be well for all hydropaths to examine the opinions of these great authors, and reduce them to practice.

The volume under notice is beautifully printed, and brought out with much taste.

* Three Lectures on Hygiene and Hydropathy. By Roland S. Houghton, A. M., M. D., Editor of "Bulwer and Forbes on the Water Treatment." To which are prefixed the Constitution and list of officers of the American Hygienic and Hydropathic Association of Physicians and Surgeons. New York: Fowlers & Wells. Price, 25 cents.

ACCIDENTS AND EMERGENCIES: a Guide containing Directions for Treatment in Bleeding, Cuts, Stabs, Bruises, Sprains, Ruptures, Broken Bones, Dislocations, Railway and Steamboat Accidents, Burns and Scalds, Explosions, Bites of Mad Dogs and Serpents, Inflammations, Cholera, Diarrhoea, Injured Eyes, Choking, Poisons, Fits, Lightning, Drowning, &c. &c. By ALFRED SMEE, F. R. S., Surgeon; with an Appendix, by DR. R. T. TRALL. Illustrated with Engravings.

Published by FOWLERS & WELLS, New York. Price, ONLY TWELVE AND A HALF CENTS, mailable. Every individual, old and young, should have this work. The book is worth many times its cost. It may be ordered and received by return of the first mail, at a trifling cost for postage. Address, post paid, FOWLERS & WELLS, Clinton Hall, 131 Nassau street, New York.

We shall refer to this work in another number.

MISCELLANY.

GOSSEP FROM BOSTON, BY NOGGS.

DEAR AQUATICS.—I rejoice with joy unspeakable to know that the Water-Cure is becoming so popular, and that the Journal's circulation is increasing so rapidly "It's good enough for ye:" you might have known it would be so!

The editor of the Boston Medical and Surgical Journal, or the sapient substitute for one—Dr. Smith being in Europe—has been much affected lately at the thought of people bathing every day!

He says, "that they work all the oil off secreted by the glands! and don't believe its wholesome or luxurious to bathe oftener than once a week!"

Well, as for the luxury, that depends a good deal upon who you are and how long you have been so. You take a pig that has been brought up in the mud, and he will be apt to be a dirty hog, and will dread being washed, but if he is one of the pigs that has "a good broughten up," having been washed often and freely, he will not shrink from a pail of the delicious element, especially in a hot day. So it is, I believe, with the human species, "hog or no hog"—and in both cases, as far as my observation goes, it proves decidedly healthy.

This dear, little, tender-hearted doctor, as I understand, applied to Jenny Lind for money to help make a fund sufficient to supply indigent people, who have a mania for bathing, with lard oil, so that they may not be made sick thereby! And he advises all keepers of tame ducks—whose wicked propensities are constantly leading them into the water—to supply each duck with an India rubber suit, if he wants to have fat healthy ducks!

And he thinks fishes very imprudent, to say the least, to be so constantly moving about in the terrible element!

Poor man, great sympathy is felt for him here, he is so sensitive, and our people are all wondering why the Lord didn't have mercy enough on him, and such as him, to "fix things" on men's backs, &c., so as to keep up a supply of this same oil so easily washed off! Strange oversight, warn't it?

The fact is, the learned doctor is given to compounds, and likes liniments hugely.

And we must all acknowledge that the morbid matter exhaled during long winter nights, when mixed with the oleaginous particles from the sebaceous glands, will make a beautiful "linimentum," and, if not washed off in the morning, will be equal to an extra coat in keeping the skin warm, and stopping up all the little holes in the skin, so that the person can't get any cold—"on to his witals!"

There is one man in the city here, who has had the impudence and daring to persevere in the use of daily bathing, notwithstanding the fulmination of the medical pope against it; ay, so uncatholic is this man, that he not only washes his ten children daily, but once or twice a week he soaps 'em all over with Babbitt's Cytherean cream, and then washes that off! If water is bad for oil, soap and water must be ternal bad!

Yet this man, who is considered "some" in these diggings, being no less a personage than the editor of the Chronotype—says that he has robbed, by this practice, a most terrible onslaught of the whooping cough of half its terrors, which lately attacked his entire brood, and that as far as he can see, they are just as oily as ever, and some of 'em more so! But Elizur's a heretic, so his testimony won't be allowed.

It is "terrible healthy" here yet, and the doctors look woful enough.

There is a doctor here in Winter street, who says that his patients have no right to send for a water doctor if they are burning up—and that a certain Water-Cure doctor in Franklin street, "is a ——— quack." So we go.

The appearance of your new Water-Cure library in our market has caused a great sensation. It is indeed beautifully got up, and seems well fitted to supply the great desideratum in the hydropathic world, hitherto felt.

The wonder is how you could do it so cheaply. I tell 'em it is a way that Fowlers & Wells have got into.

By-the-by, Dr. K. of this city, says he is a going to write a book one of these days that he means shall be a library in itself—a sort of encyclopedia of Water-Cure literature—a multum in parvo, and yet he thinks he shan't have a disease in it!

The doctor don't believe in names, you know, and thinks that all there is to say about the Water-Cure can be put into a very small book; but he thinks a good many books must be read first to enable one to understand it.

The Chronotype, which is next to the Journal as a

hydropathic vehicle, tell your readers, is in the field again with an extra hand at the quill, second to none for that business in the universe except Elizar.

The journal lately started in your city was unfortunate, very, in appearing at the same time with your double number in September—but that, with the slight exception of having nothing in it, was very good!

BROADWAY HOTEL, NEW YORK.

To the Publishers of the Water-Cure Journal.

GENTLEMEN:—As an act of justice, and as an offset to the unfavorable notice of the Chrono-Thermal work of Dr. Dickson, of London, in your number for September, I beg you to publish the following voluntary testimony in its behalf, showing that there is at least one intelligent hydropathist who differs from your reviewer. Your obedient servant, WM. TURNER, M. D., American Editor of the Chrono-Thermal System of Medicine.

GLEN HAVEN WATER-CURE, SCOTT, }
Cortlandt Co., N. Y., May 16, 1850. }

WM. TURNER, M. D.—Sir, I have procured and read Dr. Dickson's Chrono-Thermal System of Medicine, and have been greatly interested and instructed by it. As a physician, I am anxious to get all the light I can; and I candidly confess there is about the Chrono-Thermal philosophy a lucidness and simplicity that, *prima facie*, stamps it as truth. Will you, though I am a stranger, do me the kindness to give me the information I ask relative to the works of which Dr. D. is the author, and how many are republished in this country?

Connected as I am with an extensive Water-Cure establishment, and having, during the year, a large number of persons affected with chronic complaints, I have a fine opportunity to test the truth of Chrono-Thermalism. In numbers of instances I have found that the patients in this cure have their paroxysms, and intermissions, and remissions. I remain, sir, your obedient servant,
JAMES C. JACKSON.

It will be seen by the above that Dr. Jackson is simply an inquirer after truth. He cannot be expected to endorse that which he has not thoroughly examined. The note was evidently written without any thought of publication, yet we insert it by the request of Dr. Turner.

OUR EXCELLENT FRIEND, SAMUEL KEESE, of Peru, has done much to introduce the WATER-CURE JOURNAL into his neighborhood. Many "families at home" have been greatly benefited by the application of this system where he resides. Friend Keese informs us that the mode of practice has been changed throughout the region where he resides since the water-cure has been tried,

IN SPARTA, MR. WM. BUNDLE has made up clubs of subscribers, and promises to place the Journal into the hands of every family in his neighborhood.

THE WATER-CURE IN LOUISIANA.—We extract the following from a private letter, recently received from a new convert in Louisiana: "We have no Water-Cure Doctors here, though I am trying to persuade my attending physician, to whom I pay \$500 per annum, to adopt it in some measure, but he is rather obstinate. My friend, the Bishop of this Diocese, spent a few days with me in July, and he strongly advised me to commence the water treatment with the negroes, as he had not used any medicine among his since October last. If I find after looking over the books you send me I can manage the treatment myself, I shall be apt to dispense with an Allopathic Physician: I have been attending closely to my people for nearly thirty years, and am tired of physic, seeing so many chronic diseases resulting from exposure after medicine."

In view of these facts, is it at all surprising that the Allopathic Doctors should try to shut down the gates, and keep back the Water-Cure? Is it not natural for a doctor even to "cry down" that which takes away his "bread and butter?"

CALOMEL FOR THE WEST.—One of our foreign exchanges reports the manufacture of Calomel, expressly for our Western States, by the admixture of nine parts of precipitated carbonate of lime with two parts of pure calomel. If the stories of the teaspoonful doses, which are said to be given by our western practitioners be true, their patients ought to be duly grateful to the French ingenuity which secures them in every dose so large a proportion of powdered chalk instead of mercury. A friend at our elbow suggests that so much lime being given in the calomel, may be the cause of the calculus habits of the western people, and furnish Dr. Dudley with his Lithotomy cases.—*N. Y. Med. Gazette.*

MANSLAUGHTER BY ADMINISTERING IMPROPER MEDICINES.—During the present term of the Supreme Court of Maine, at Wiscasset, there is to be tried a case in which the indictment has just been brought in against Dr. Charles Coffran, of Rockland, charging him with the crime of Manslaughter. It is said the Doctor prescribed and intended to administer an article of medicine deemed suitable and proper, and at the request of his patient, but by accident gave a different article, and death ensued in a few hours—the Doctor discovering his mistake too late. The Lincoln Democrat says Dr. Coffran is lately from Massachusetts, from whence he removed to Rockland, where he is well allied to families of respectability and influence.—*Boston Med. Journal.*

THE HUMAN EAR is so extremely sensitive, that it can hear a sound that lasts only the twenty-four thousandth part of a second. Deaf persons may converse together through rods of wood held between their teeth, or held to their throat or breast.—*Medical Times.*

TOBACCO POISONING.—The examination of John Hahn, grocer, corner of Leroy and Bedford streets, who was arrested a few days since on suspicion of having poisoned his family, was held yesterday before Justice Bleakley. Dr. Chilton, chemist, was examined, and stated that he had analyzed the tea which remained after supper, and found no mineral poison in it; it had, however, a taste of tobacco.—The two physicians who were called in, and administered at the time of the occurrence, testified that had the parties who were taken sick swallowed a little tobacco, the result would have been similar to that which did actually occur. The presumption is, that as a box of tobacco stood directly above the box from which the tea was taken, that a portion of it accidentally got in the tea. Mr. Hahn was therefore cleared from all suspicion, and honorably discharged from custody.—*City paper.*

A DISTRESSING CASE.—Lucas F., son of Rev. Amos Babcock, died in Holland, Mass., on the 8th inst., aged 22 years. For nearly five years the deceased lay without being moved an inch, or a change of clothes being made.—This could not be done without putting him in the greatest agony, and, in the opinion of about twenty physicians who were consulted, without causing death. The original causes of his painful condition was probably the shock occasioned by his making a mistep, or slide, on the brink of a precipice, where nothing but a small twig or bush saved him from instant destruction.

THE FRENCH ACADEMY.—This august body of medical savans has become famous for discoveries, none of which, however, prove of any value, except to the trade. The following paragraph proclaims the very latest novelty, which we have the best authority—common sense—for pronouncing scientific fudge:—

The French Academy of Science has appointed a commission to ascertain the remedial powers of a drug which, under the name of cedran, has been introduced for the cure of hydrophobia, and of diseases produced by its action upon the nervous system. It is said to have the property of counteracting the poison of the rattlesnake and all venomous reptiles.

SOUNDS.—There are about nine perfect tones, but 17,592,186,044,415 different sounds; thus, fourteen direct muscles, alone or together, produce 16,383; thirty indirect muscles, ditto, 173,741,523, and all in co-operation produce the number we have named; and these independently of different degrees of intensity.

HUMBUG.—The wet nurse humbugs the infant, as it rolls in its swaddling clothes in the cradle, by administering to it potations of "Godfrey's cordial" and doses of paregoric; the doctor humbugs his patients, by forcing into their stomachs "base compounds, that would kill a dog;" the long and red-

nosed shepherd humbugs his flock, by making them believe that he can teach them the language of the "unknown tongues;" and, since the world will be humbugged, and will pay the larger price to him who best succeeds in the scheme, why should not a patent Pill Doctor be allowed his legitimate reward!—*Exchange.*

A little clean water (cure) will enable the world to wash the cobwebs out of their eyes and stomachs so that they may see and avoid such cheats.—*W. C. J.*

THE WATER-CURE JOURNAL.—Teaches the art of living comfortably, pleasantly, and healthfully. This is an important art. To know it well, hundreds would give their all. How few there are, who are really in robust health, and full of vigorous life. Disease, slow, insidious, but yet certain of a final mastery, has a hold in the system of hundreds. This should not be. If we lived properly, and observed fully the laws of Nature and of health, we should never be troubled with an ache, a pain, or disease.—*Ohio Free Democrat.*

This is strong language, yet as true as it is strong. The Water-Cure Journal is intended to teach people how to prolong life, as well as to cure disease.

A NEW VOLUME OF THE WATER-CURE JOURNAL will be commenced on the FIRST OF JANUARY, 1851. It is now a good time for our friends to make up clubs of old and new subscribers, and send in for volume ELEVEN (XI). May we not hope to renew the agreeable acquaintance of our present SUBSCRIBERS, and form MANY NEW ONES? We leave this entirely in the hands of our friends. We shall endeavor to make the WATER-CURE JOURNAL an INDISPENSABLE "monthly FAMILY VISITOR," adapted to the wants of EVERYBODY. FRIENDS, what say you? May we hear from you AGAIN?

THE WATER-CURE JOURNAL.—This excellent publication is becoming more valuable and interesting with every issue. The information contained in a single number alone is worth the price of subscription for a year, which is only one dollar.—*Ulster Telegraph.*

According to this estimate, the Journal is worth TEN TIMES more than is asked for it, yet we have been assured by hundreds of our subscribers that they have been saved five, ten, twenty, fifty, and a HUNDRED times the cost of the Journal in a single year, not only in doctor's bills, but in HEALTH.

IN STEPHENTOWN, [and out of it,] Mr. Wm. CLARK has canvassed for subscribers. We doubt whether anything that even smells like "cod-liver oil" can be found where he has been. "CLUBS ON CLUBS" have been heaped in upon us, until we have now about "a cord" on hand. We expect to hear from him again.

THE WATER-CURE "AT HOME."—Our readers, of all classes, cannot fail to appreciate the practical lessons contained in this and preceding numbers.

THE TWO SYSTEMS—A CONTRAST.—A GENTLEMAN from Illinois writes us as follows:—"I am one of the regular M. D.'s, or was brought up in that school. In my practice I have met with a large number of cases of the African fever, Cape De Verd Island dysentery fever, and the West Indian yellow fever, some of which we treated regularly, and some hydropathically, and the result was this: of the regular practice ten per cent. cured,—of the hydropathic treatment ninety-seven per cent. I made an estimate of four years practice, during which time I had under my charge five hundred and ten cases. Since I have been in the West, I have had a large number of cases of chronic rheumatism, dysentery, cholera, and fevers of different type, all of which I have treated successfully with water. I have never lost a case."

What say our allopathic friends to this? Facts and figures like these should be convincing to all reasonable minds.

A QUESTION TO THE REGULAR PROFESSION.—Why is it that clerks, and other persons engaged in drug stores, become effeminate, lose their health, and die prematurely? We are acquainted with several young men who have been compelled to leave this drug business, and engage in other employments, on account of declining health. Is there anything poisonous in drugs when *not* taken into the system? Will our friends the allopaths answer? Perhaps a little "cod-liver oil" would do them good. Have they ever tried it?

LECTURES ON THE WATER-CURE.—Those of our friends who are now engaged, or about to engage in lecturing on this subject, would do well to send in programmes, to be published in the Journal, giving all necessary particulars, as to time, place and so forth. We hope every Water-Cure Physician will become a public lecturer, especially during the winter. Let all school-houses be converted into evening lecture-rooms, where parents and children may learn to be HEALTHY, HAPPY, AND WISE.

EXTRAORDINARY.—A man who died recently at the Commercial Hospital, at Cincinnati, from a gunshot wound, survived sixty-eight hours after the ball had passed through the right auricle of the heart! This is certainly a remarkable phenomenon in the history of surgery. Upon a *post mortem* examination, the ball was found lodged in the spine, after having passed through the edge of the lung.

MR. S. F. CURTIS, who has sent us several clubs of subscribers for the present volume, amounting to upwards of A HUNDRED, kindly proffers his services for the coming volume. He has placed us, and each of his subscribers, under great obligations. We hope every one will be prompt in renewing their subscriptions for 1851.

BE GOOD-NATURED.—The finest cosmetic that we know of is early rising, exercise in the open air, temperance in eating and drinking, cleanliness, and last, though not least, perpetual good humor. Keep your face with a smile on it, as smiles are easily implanted by cultivation on the human countenance. This is purely hydropathic.

ANOTHER FATAL MISTAKE.—Miss Anna R. Nell, of Philadelphia, a lovely young lady, died last Thursday, from the effects of a large dose of morphine. The apothecary's clerk made a mistake in giving morphine for *quinine*.—*Exchange*.

OUR JANUARY NUMBER will be sent to all whose subscriptions expire with this number, yet the Journal will only be continued to those who re-subscribe.

Our terms being payable in advance, it will be well for all, who intend to renew their subscriptions, to do so as soon as may be convenient after the reception of this number.

ALL SUBSCRIBERS will do well to read our answers to correspondents—all will be interested in them.

NOTICES.

A NEW PREMIUM FOR 1851.—Who will have it? We have concluded to offer the following premium to those friends and co-workers—who take pleasure in advancing this good cause by devoting a few days in the year to obtaining subscribers for the Journal.

EVERY PERSON who obtains FIFTY SUBSCRIBERS for the TENTH VOLUME of the Water-Cure Journal, for 1851, and sends us \$25 00, shall receive Fifty Copies of the Journal one year, and a complete set of the NEW WATER CURE LIBRARY, in seven large 12mo. volumes, beautifully bound, in substantial Library style.

TO THOSE who obtain ONE HUNDRED subscribers, during the year, and send us \$50 00, we will send one hundred copies of the Journal, and Two complete sets of the Library and one hundred copies of the Water Cure Almanac for the year 1851.

TO THOSE who obtain Twenty Subscribers, and send us \$10 00, we will send twenty copies of the Journal one year and 50 Water-Cure Almanacs.

These premiums have already been secured by several of our LADY FRIENDS, who make it their business, when they go out visiting, to take a PROSPECTUS with them, recommend the Journal, and obtain subscribers. In this way large clubs may be raised in every neighborhood.

To those who feel interested in the advancement of Hydropathy, the time necessary to obtain a club of subscribers would

hardly be felt, while they would not only enrich themselves, but confer a boon on their neighbor which would be so highly prized as never to be forgotten. We repeat then, Who will accept this premium?

WHAT WE WANT.—In order to wash away "*Cod Liver Oil*," *Drugs*, and the heaps of *Pills*, together with the tubs, barrels, and bottles of "*slaps*," including all the "*Sarsaparillas*," "*Expectorants*," "*Medical Fluids*," and other whisky, rum, gin, and brandy "mixed up fixings," is simply to place the *Water-Cure Journal* into the hands of every family where these foul nostrums have been used. A single "sample number" is usually enough to "open the eyes" of all sensible people. THE *WATER-CURE JOURNAL* has declared war against all this "foul quackery," by which the *health, purses, and lives of thousands* are yearly sacrificed. Come, friends! Will you not aid us in this good work? A few "clubs" of the right sort will make a scattering among the medicine shops, like "a prairie on fire!"

In order to meet the wants of numerous friends and water-practitioners, the publishers, on receiving a remittance, will obtain any article that may be desired, such as *Surgical Instruments, Syringes, Lecturing Apparatus, Physiological and Anatomical Drawings and Figures, Skeletons, Medical Works, Bathing Fixtures*, or whatever may be wanted. These articles may be sent as freight, or by express, wherever desired. It will be necessary, in all cases, to remit with the order, as such goods cannot be obtained on credit or commission. All post-paid applications to the publishers of the *WATER-CURE JOURNAL* will receive prompt attention.

No, Sir!—We have been offered \$100 a page, to advertise a certain celebrated (of course,) *Compound Patent Medicine*, in the *WATER-CURE JOURNAL*. We politely informed the distinguished chap, that it would cost him more than he was worth, (\$100,000, which he had fished from the pockets of suffering invalids,) to obtain the desired space for advertising in the *WATER-CURE JOURNAL*. The "*Regular*" medical (not Health) *Journals* jump at the chance of advertising these quack nostrums—*Cod Liver Oil*, and other like *Remedies*(?).

INSTEAD OF THREE HUNDRED AND EIGHTY-FOUR PAGES, which were promised, the publishers have given their subscribers FOUR HUNDRED AND FORTY TWO, besides nearly fifty pages containing advertisements. In our next volume, commencing January, 1851, we shall give each subscriber about A THIRD MORE READING MATTER than the present year, and all this, without increasing the price. Is not this liberal? Then pile up the "CLUBS."

OUR TRAVELING AGENTS are all supplied with *engraved certificates*, which they will exhibit whenever they solicit subscriptions from strangers. Local or VOLUNTARY AGENTS will need no certificates, as they are supposed to be well known where they reside. We hope all present subscribers will become volunteer co-workers in extending a knowledge of our inestimable and blessed *WATER-CURE*.

SAMPLE NUMBERS.—We are frequently requested to send sample numbers, of a particular date, when it is impossible for us to do so. We shall, in all cases, comply with such requests, when we can. Usually, we print an extra number of copies, for this special purpose. We shall be glad to receive the names of persons residing in different parts of the country, to whom we will freely send SPECIMEN NUMBERS.

THE *WATER-CURE JOURNAL*.—This popular *Journal* maintains its character for useful and practical information. It is rich in essays, advice, incidents and miscellany, that, in a literary point of view alone, would do credit to a quarterly. No family should be without this monthly *Journal*. Fowlers & Wells, N. Y., Publishers.—*The Republic*.

GOLD DOLLARS.—Where small current Bank-notes cannot be obtained, it will be found perfectly safe and convenient to enclose and remit, at single letter postage, Gold Dollars, Half, or Quarter Eagles. These pieces should be secured to a thin card, or slip of paper, with sealing wax, or by a thread, before enclosing in the letter. This will prevent the piece from slipping out.

SPECIFY.—When our friends, co workers, and agents send in their names, it will be well to specify, as follows, "FOR THE *W. C. JOURNAL*," as the *PHRENOLOGICAL JOURNAL*, and the *STUDENT*, are published at the same office, at the same time, and at the same price. Hence the necessity of SPECIFYING.

HOW TO OBTAIN SUBSCRIBERS.—One of our most successful Traveling Agents writes us that he finds no difficulty in obtaining subscribers where the *Journal* is known, and where it is not known he leaves a sample number, for examination in the evening, and when he calls in the morning there is seldom a moment's hesitation about subscribing.

COLLEGES AND PUBLIC LIBRARIES will be furnished with our *Journals* at CLUB PRICES.

IN TERRE HAUTE, IND., W. H. BUCKINGHAM has a stock of our publications for sale, at New York prices

TO CORRESPONDENTS.

NOTWITHSTANDING the extra number of pages which we have published during the present year, we have many very valuable communications on hand, which we have, thus far, been unable to make room for. They will all appear in our next volume.

MORE SNAKES AND RAW WHISKEY.—C. B. D., of Mobile, writes:—"Permit me to say in relation to your remarks respecting the use of whiskey for snake bite, in a late number of the *Water-Cure Journal*, that it is not exactly *Water-Cure* fashion to treat a remedy with ridicule, without proposing a better cure. This cure you do not propose.

"Whiskey is a common remedy where the snake abounds. I traveled a short time ago with a gentleman from Texas, who told me he had cured three of his children who had been bitten by rattle-snakes, by the use of whiskey. Many others have told me of cures by the same means."

No, sir, we don't treat "remedies," but *snakes* with ridicule. Here is the explanation, Mr. D. The great majority of persons who are bitten by many kinds of venomous reptiles are not poisoned at all. This is especially true of rattle-snakes and mad dogs. Hence the great variety of popular remedies which have been supposed to cure. Among those who are poisoned, a majority are but slightly affected; hence whatever is used is sure to cure. The chances are about four to one that anything and everything will cure, because three-quarters will live with or without rum, whiskey, or other specifics. But when the snake or mad dog is in its best or worst condition for poisoning, and gets a good or bad, deep bite, and the condition and the blood of the person bitten in a bad state from unhealthy

habits of living, among which may be reckoned the use of rum, whiskey, and all other alcoholic stimulants, then will rum, whiskey, and all the other vaunted specifics fail utterly.

The best remedial resources are compression, cauterization, excision, suction, &c., locally, and for general treatment, we should have more confidence in warm bathing and the wet sheet pack than in all the nostrums of all the pharmacopias—for we have none at all in these.

S. H., MILWAUKIE, WISCONSIN.—“Will you be kind enough to inform a suffering piece of humanity what processes of the Water-Cure will relieve the fever and ague?” Yes, sir, all of them. A recent case wants a few days vigorous packings and wet sheet rubbings; but an old case complicated with congested spleen, enlarged liver, general debility, and drug poisons, as is usually the case, often requires several months to make a perfect cure. The paroxysms may be soon stopped, but the whole system needs renovation. A daily packing, one or two sitz baths, a rubbing shallow or half bath, with the long continued use of the abdominal bandage, constitute the outlines of a pretty thorough course of treatment, to which may be added, plain, unconcentrated and rather abstemious diet. The douche is usually highly valuable where there is not much nervousness.”

W. R. S.—Is there any perceptible difference in a person's health whether he wears his hair long or cut short, and if so, what?

What are the physiological effects of cutting the beard?

Our judgment is thus made up. It seems to be the natural state to have long hair and a long beard. The natural state is the healthy one, hence the most vigorous. Any deviation from the organic law must impair, to some extent, the physiological integrity. In the case proposed, the effect, we suppose, is slight; still it is something. Probably under the artificial habits of living which prevail throughout civilized society, short hair may be best for the head, on the principle that one evil may counteract a greater. Almost everything in our eating and drinking, and working and thinking, tends to overheat the head.

MINERAL WATERS.—P. P. L., WASHINGTON, ILL., asks, “Is the hard lime water of the West suitable for all hydropathic purposes? Would sulphur water be good?” So far from hard lime-water being suitable for *all* hydropathic purposes, it is suitable for *none*. Ditto of sulphur water; and ditto of all mineral or impure waters. The only rule for hydropathic purposes is very plain and simple. The purer the water the better. Hard water is better than none, however. River and rain water should be provided for *all* drinking and remedial purposes where pure soft WATER springs are not found. The above correspondent remarks:—“The more I see of the medicine system, the less I wish to see of it.” Such is the sentiment of all who perceive with the understanding as well as see with the eye.

N. K., COLLINS CENTRE, is informed that we cannot give consultations or full directions for home treatment in the brief space allotted to these answers. We can answer incidental questions, and give specific information on particular points of practice, but those requiring full instructions for a course of home treatment should consult a hydropathic physician through private correspondence, not forgetting the usual fee of \$5.

HEMIPLEGIA, OR PALSY OF ONE SIDE.—G. A. R. ought to apply the full hydropathic system, both as to water and regimen. The wet pack followed by the dripping rub sheet, and a moderate douche applied principally to the spine, are the leading measures. The wet girdle should be worn some time around the abdomen. Friction with the bare hand after each bath by a strong armed attendant would be highly advantageous. The diet should be mainly unboltoned grain and fruits.

C. M. WARREN, R. I., wants to know what sort of a morning bath is best in a case of extreme torpor of circulation, cold hands, &c., complicated with a humor in the face? The douche for one minute or the rubbing wet sheet would be the best; but in almost all skin diseases, a course of packing followed by tepid or cool, not very cold, half or plunge baths, is requisite in making a complete cure.

W. P., RICHLAND, Miss., asks what rule should govern, as to the length of time a patient should remain in the wet sheet? The general rule is a comfortable glow or sensation of warmth over the surface. Of course this rule must be varied to suit the indications of the disease, and the condition and susceptibilities of the patient.

TO HYDROPATHIC PRACTITIONERS, (in Brooklyn, our sister city.)—Many friends of the Water Cure have expressed a desire that some Hydropathic practitioner should locate in their midst. A large number of the citizens are beginning to tire of poisons, and are ready to “throw physic to the dogs.” Who will go?

H. B.—The newspaper to which you refer is totally unworthy your notice, or money. It is an old trick with old rogues who either give the public assumed names, or, as in the present case, no names at all. They are old foxes. Look out for them.

J. S. E.—Must drink nothing but water; abstain entirely from tobacco and meat—at least for a season. Live on coarse food. Bathe freely, especially the parts affected. The Sitz bath ten minutes morning and evening would be beneficial.

DR. P.—Will accept our thanks for his interesting article in relation to the Death of General Taylor. We should be pleased to give it a place in the Journal, had not several articles on THE same subject already appeared.

HYGEAR.—Your article was duly received. The same ideas having already appeared in the Journal, we have concluded to decline it. Can you not send us something *new*? Please give us your P. O. address.

A. S. A.—Your first was not received by the publishers of this Journal. The second has just come to hand, and will appear in our next. It is excellent.

A DIRECTORY.

ADDRESS OF HYDROPATHIC PRACTITIONERS.

R. T. TRALL, 15 Laight street, New York.
T. L. NICHOLS, 87 West 22d street, New York.
R. S. HOUGHTON, 8 West 11th street, New York.
JOEL SHEW, cor. 12th st. and University place, N. Y.

E. A. KITTRIDGE, Boston, Mass.
 SETH RODGERS, Worcester, Mass.
 CHARLES MUNDE, Northampton, Mass.
 DR. HALL, Northampton, Mass.
 E. E. DENNISTON, Northampton, Mass.
 M. W. GRAY, Springfield, Mass.
 HUBBARD FOSTER, Lowell, Mass.
 DR. HOYT, Athol, Mass.
 B. WILMARTH, Melrose, Mass.
 W. FELCH, North Adams, Mass.
 C. FARRAR, Waterford, Maine.
 T. HAYNES and GEORGE TAYLOR, Concord, N. H.
 C. R. BROADBENT, Providence, R. I.
 DR. WESSELHOFF, Brattleboro', Vt.
 W. A. HAMILTON, Saratoga Springs, N. Y.
 DR. STEADMAN, Richford, N. Y.
 DRS. JACKSON and GLEASON, Glen Haven, N. Y.
 DR. BEDORTHA, New Lebanon Springs, N. Y.
 PHILIP ROOF, Cooperstown, N. Y.
 O. V. THAYER, Pitcher Springs, N. Y.
 HENRY FOSTER, Canandaigua, N. Y.
 DR. REUBEN, Utica, N. Y.
 DRS. GREEN and FULLER, Castile, N. Y.
 J. F. BURDICK, Lansing, N. Y.
 DR. POTTER, Oswego, N. Y.
 N. STEBBINS, Clinton, N. Y.
 S. CURTISS, Verona, N. Y.
 DR. CHRISTIE, Manheim, N. Y.
 MENDELL & RANEY, Augusta, N. Y.
 F. D. PEIRSON, Tarrytown, N. Y.
 P. H. HAYES, Cuba, N. Y.
 DR. WEDER, Parkeville, N. J.
 C. H. LORENZ, South Orange, N. J.
 C. C. SHIEFFERDECKER, Willow Grove, Pa.
 S. MATIN, Gettysburg, Pa.
 DR. ACKER, Phillipsburg, Pa.
 S. M. EBY, Ephrata, Pa.
 DR. SEELYE, Dayton, Ohio.
 T. T. SEELYE, Cleveland, Ohio.
 B. THOMAS, Harrodsburg, Ky.
 T. C. COYLE, Milledgeville, Ga.

This list will be continued, and other names added, in future numbers of the WATER-CURE JOURNAL for 1851.

VARIETY.

A HOOSIER IN BOSTON. NOW DON'T LAUGH.—The editor of the Cincinnati Inquirer, writing from Boston, tells the following story:

Western folks feel in this city as though in a strait waistcoat, for their personal liberty is so hedged in, that freedom of action is gone. Those addicted to smoking especially, feel twice the desire to promenade the streets, cigar in mouth, from the bare fact that the enemies of the fragrant weed have forbidden its use in the streets of Boston. I hear of an excellent anecdote of the adventures of a live Hoosier in this city, which illustrates the municipal regulations of this city, better than a

book. After a good dinner at his hotel, he ignited a cigar, and started out for a stroll. After a few steps a policeman tapped him on the shoulder, and informed him that the penalty was two dollars for the offence of smoking. He promptly pulled out a five dollar bill and received three in change. Proceeding on his walk in a few minutes, he next met a beggar girl, who asked for something to eat. Recollecting that he had the remains of a hunk of gingerbread, the peculiar diet of Hoosierland, in his pocket, he generously proffered it to the mendicant. Again was he tapped on the shoulder by the policeman, and told it was against the laws of Boston to give away offal, as it all belonged to the city. For this grave offence the three dollar bill was drawn out, and when the policeman tendered one in change, it was refused by the Hoosier, with the cool remark, "No, keep it. I shall want to whistle in a few minutes."

THE SCOLDING FAULT-FINDER.—We suppose the JENNY LIND CRITIQUE fancies that Hercules and Samson lacked strength, that Hannibal and Napoleon were rather poor warriors, that Shakespeare and Milton were tolerable poets, that Cicero and Patrick Henry were tame speakers, that Raphael and Alton were very ordinary painters, that Mozart and Beethoven were only passable composers of music, that Washington and Madison were rather poor statesmen, that Columbus and Cabot were not venturesome navigators, that London and Paris are not large cities, that Chimborazo and Himalaya are not tall mountains, that the Missouri and the Amazon are not long rivers, that Jenny Lind is only an ordinary singer, that the Water-Cure don't amount to much, and that the sun is rather a dim sort of spangle on the vault of heaven after all. Thus are these puppies continually whining, never satisfied. What a pity that they could not be removed at once, to a more congenial sphere than this world affords.

"Who made you?" inquired a lady teacher, of a great lubberly boy, who had lately joined her class.

"I do' know," said he.

"Not know? You ought to be ashamed of yourself. A boy fourteen years old! Why, there's little Dick Filton—he's only three—he can tell, I dare say. Come here, Dickey; who made you?"

"Dod!" lisped the infant prodigy.

"There!" said the teacher triumphantly, "I knew he'd remember!"

"Well, he oughter!" said the stupid, "'tain't but a little while ago since he was made!"

Of course the Boston Pathfinder tells this story, which paper has found out a great many other curious things besides *paths*. Where's Mrs. Partington? Does she continue to take—the Water-Cure Journal?

JENNY LIND, OR THE INFLUENCE OF BEING LOVED.—"All around my room," she says, "are friendly tokens of heart-warmth—gifts from this, that, and the other friend, are constantly coming to me, like roses dropped by unseen hands guiding me through a wilderness path, into my Father's mansion. But why do I mention these things? From vanity? Nay, verily; for I am often humbled to tears to think how much I am loved, while thousands, *far nearer to God*, pass on their thorny way uncheered by love and blessing. But it came into my heart to tell you how much these things help one to be good; and therefore, in sincere humility, do I confess that if I am less guilty than some of my human brothers, it is mainly because I have been beloved."—*Life Illustrated*.

RAILROAD AND STEAMBOAT EXCURSIONS.—Mr. Burr, of the "Seven Mile Mirror," has established a "new wrinkle" with the traveling public, namely, getting up "cheap excursions." It is not long since Mr. Burr induced several hundred of the citizens of Boston to take a pleasure trip to Montreal and back, at reduced prices. The following, from the N. Y. *Courier and Enquirer*, illustrates this new wrinkle: "An excursion from Burlington, Vt., is on foot [on the railroad] for attending Jenny Lind's concert to-morrow night. Six hundred seats (the whole second tier) have been engaged, and, by an arrangement with the railroad and steamboat companies, seven dollars pays the whole expense." This may be called traveling and attending concerts "BY WHOLESALE."

ADVANTAGES OF TRAVELING.—"Much of the bigotry, and most of the lowest and meanest class of popular prejudices, are dispelled by frequent intercourse with strangers. Traveling polishes the manners and knocks the nonsense out of a man, (if any thing will do this latter thing) more effectually than any other agency." Thus says the Boston Transcript, and it is as true as the "Water-Cure." No man's education should be considered complete until he has studied *geography practically* by traveling over the country in which he lives. To become acquainted with the manners and customs of "the people," every man must travel.

SWORD CANES, AND OTHER PRIVATE WEAPONS.—Of all the most cowardly and contemptible means of "self defence," are those resorted to by this class of "noble braves," who strut about like Tom Tinkers. These fellows, conscious of their MEANNESS, thus "arm themselves." Were they MEN, they would rely on their MANLINESS to overcome and subdue an unjust opponent. Now, boys, we admonish you, throw away your sword canes, pistols, slung shots, and determine to do right yourselves, and you need have no fears, especially in any civilized country.—*Franklin*.

THE NEWSPAPERS IN NEW YORK AND NEW ENGLAND.—From a list of newspapers published in Boston, we learn that there are printed in Maine, 53; New Hampshire, 85; Vermont, 39; Massachusetts, 177; Rhode Island, 41; Connecticut, 46. Total in New England, 271. In New York State, 460.

According to this statement, there are 89 more newspapers published in the single State of New York than in all New England.

What are the facts in regard to other publications? We are aware that New York is a very great State, yet hardly credit this statement.

DANGEROUS.—A young man having cut his finger, sent for a physician, who, after examining the wound, requested his servant to run as fast as possible, and to get him a certain plaster.

"Oh my!" cried the patient, "is the danger so great?" "Yes," was the reply, "if the fellow don't run fast, I'm afraid the cut will be well when he gets back."

BURR's famous Mirror has been visited by upwards of a hundred thousand persons during the past few months.—*Boston Transcript*.

We hope Mr. Burr will bring that "Mirror" back to New York, after all the "down East" Yankees have done looking at it. Has Mrs. Partington yet expressed herself in regard to the merits of this SEVEN MILE MIRROR? If she hasn't she ought to.

PATENT MEDICINES!!!—"Joy to the Vegetable Killer, for the instant cure and entire eradication of all pain. Internal or external remedy. No matter where the pain, or of what nature, this will reach it." No doubt of it; and we advise those who wish to be "cured"—removed from all pain—to take about a quart of this "killer." If that don't "do the job," why they had better just swim over, Niagara Falls, that's all; well it is.

GRAEFENBURG MEDICINES! GREAT DISCOVERY!! MOST TREMENDOUS EXCITEMENT!!!—Cod Liver Oil Candy beaten all to pieces. When any thing is the matter, only rub on a little Graefenburg "intment," and a sure cure, or no pay. Only 25 cents a box for pure, genuine Elixir of Graefenburg. Everything in the patent medicine line for sale cheap. Second-hand pill boxes taken in exchange.

The "Catholic Annual Register" for this year gives a list of seventy clergymen who have left the English Church and joined the Roman Catholic religion.—*Courier and Enquirer*.

Why don't the "Catholic Register" tell how many Catholic clergymen have left the Catholic Church and joined the Protestant? We should like to see both sides of this interesting picture.

If you wish to become a great man in this world, you must make a noise. Modest men stand no more chance of success than does a bob-tail horse in fly-time. It is not the shepherd, but the sheep with the bell, that the flock follows. Again we say, "go in lemons" and make a splash.

A WAY THEY HAVE DOWN EAST.—Some of the women at Jenny Lind's last concert in Boston, fainted, and were taken into her apartment, where they received her personal attention. It was well that this was not announced at the time, or half the men would have fainted too. Not a doubt of that.—*People's Journal, Oswego*.

THE HAPPY PAIR.

Says Dick to Jack, "Your neighbors say, You wrangle with your wife each day."
"Poo, poo," says Jack, "they only joke, 'Tis now a fortnight since we spoke."

"I am tired," said the big wheel to the little one. "Who spoke?" said the little wheel to the cart. "Not me—I always hold my tongue," said the cart, turning round the corner.—*Boston Post*.

The fellow who wrote this is not "up to the Ash." A cat never has a tongue.—*Baltimore Sun*.

HE FIXES 'EM.—A quack advertises to cure, among other incurable diseases, Marcorbozzaria, Abdelkader, Hippopotamus, Potato Rot, Hydrostatics, Inflammation of the Abominable Regions, Ager, and all kinds of Anniversaries, by means of the Concentrated Extract of Elliceomfunnel, compounded with cod-liver oil, on scientific principles.

PRESIDENT HITCHCOCK, of Amherst College, returned from Europe in the steamer America, last week. On his arrival at Northampton, he was met by a body of the citizens and the students, and welcomed by a speech.

A SPLENDID PREMIUM.—A Western Editor—of course—offers to supply the GREATEST NUMBER OF PAPERS to the man who sends him the greatest sum of money!

"WHAT is your age, miss?" inquired a census canvasser, of a young lady about sixty, in the rural district, the other day. "What's that to you, Mr. Impertinence?" said the fair one, drawing up and exhibiting a formidable *chouaux de frize* of broken teeth. "It is a very unpleasant question, but it must be asked. What age shall I place you at? twenty, I should think." "Yes," said the old girl, completely mollified, "I think I was twenty last spring"—and the gratified damsel invited him to take dinner and call again before he left town.

BLUSHING is occasioned by an increased action of the heart, from excitement, or emotion of any kind; there is consequently no means of preventing a suffusion, which, is, generally speaking, much more distressing to the sufferer than actual pain.

A NEWSPAPER, in puffing a quality of Fire safes, says that a rooster was put into one during an unprecedented hot fire, and when he was taken out, he was frozen to death. [The *Cayuga Chief* tells that.]

BETTER spend our time in trying to make this world a happier one, than in quarreling about its blessings. Heaven wouldn't suit a fault-finder.—*Ibid.* [Allopathic doctors, do you hear that?]

TIGHT boots and shoes are the most perfect inventions that the genius of man ever devised as instruments of torture; but fashion wills it, and they are endured.

It is not known from whence we first received the cultivated apple. In the report of the London Horticultural Society, the names of between fourteen and fifteen hundred varieties may be found.

BOOKS give the same tone to our thoughts and way of reasoning that good and ill company do to our behavior and conversation, without our even being sensible of the change.

It belongs to little minds, and such as move in a narrow sphere, to be decided and opinionated. The farther we extend our progress in life, and the more we observe upon society at large, the more cautious do we become of pronouncing judgment on others.

"I AM like Balaam," said a dandy, on meeting a pretty girl in a passage, "stopped by an angel." "And I am like the angel," said she, "stopped by a—JOHN DORKEY."

"WIFE," said a married man, looking for his boot jack, after she was in bed, "I have a place where I keep all my things, and you ought to know it." "Yes," said she, "I ought to know where you keep your late hour."

MR. FROST saw a pretty Flower and sought to marry her, "Wilt thou," said MR. FROST, and the Flower *wilted*. [So says the *Cayuga Chief*.]

MUSCAT WINE is very hurtful. "Mue" is the Latin for mouse. Only just think of a "mouse" and "cat" in full chase through your intestines.—*Busy Bee*.

THE doctor who operates for "cataracts" is going up to Buffalo, to see if he can't do something for Niagara.

A MOTHER having told her little son never to say fat at the table, but gravy, the next day he saw a large man going by, and exclaimed, "Mother, there goes a *gravy* man."

"SHON," said a Dutchman, "you may say what you please 'bout pad neighbors: I have had to worst neighbors as never was. Mine pigs and mine hens come home mit de ears split, and todder day two of them *come home missing*."

"PRONE to wander, Lord, I feel it," as the schoolboy said when the master was administering to him a dose of the oil of birch for staying away from school.

AN extraordinary surgical operation was lately performed, which resulted in the complete removal—of the patient to another world. The physician is doing well.

SOME "bottle-nose whales" have been seen off Ireland. It is but fair to infer, then, that they were pointing their noses towards Cork.

THERE is a dog in Roxbury, Massachusetts, who has acquired the habit of chewing tobacco. He is shunned by all the decent dogs of the neighborhood.

REGULAR RASCALITY: Giving poison to a poor fellow-human.

SOMEBODY calls quack doctors "the drivers of the last stage of consumption."

BOOK NOTICES.

LECTURES ON HYGIENE AND HYDROPATHY. By R. S. HOUGHTON, M.D. To which are prefixed the Constitution and List of Officers of the Hygienic and Hydropathic Association of Physicians, and Surgeons. New York: FOWLER & WELLS, Publishers. Mailable, price 25 cents.

Those who have read the articles by Dr. HOUGHTON, published in this Journal, will be enabled to appreciate the merits of these LECTURES. The *practical utility* of the Water Cure is established by the most profound arguments, and the usual objections carefully examined, and, of course, refuted. Our friends residing at a distance, who could not attend these lectures, will rejoice in perusing them, at their leisure, and at home.

The universal diffusion of these Life and Health principles should be, and *is*, the pleasure of every well-wisher to the advancement of the WATER-CURE. The work under notice will prove a successful auxiliary in promoting this great and good cause.

LECTURES ON THE GENERAL RELATION WHICH SCIENCE BEARS TO PRACTICAL AGRICULTURE. Delivered before the New York State Agricultural Society by JAMES F. W. JOHNSTON. With notes and additions. C. M. SEXTON, N. Y. Price 50 cents.

The time has been when such a thing as reading a book to obtain instruction as to how to till the earth was looked upon as the height of folly.

But the world is progressing, and it is now beginning to be understood that Agriculture and the Sciences, generally, and those of Chemistry and Geology in particular, are inseparable and—other things being equal—the more a person knows of these the more successful he will be as an agriculturist.

Many have been, and many more will be, farmers all their lives without having the least idea that they know anything about these things. They have learned by observation that by making certain applications to their land their crops are increased—but know nothing of the rationale of the matter. To such as these we would particularly recommend these Lectures, assuring them that therein they will find matters both useful and pleasing. If it is true—and who doubts it—that he who makes two blades of grass grow where only one grew before is a public benefactor, how much more so is he who shall make the barren plain bloom like a garden. We can speak no higher of the book than to give it our hearty approval, to recommend every one, whether farmer, merchant, or mechanic, to obtain it.

ANNUAL ANNOUNCEMENT OF THE HARRODSBURG FEMALE ACADEMY, HARRODSBURG, KY. ELEVENTH SESSION.
Published by the Academy, 1850.

This institution appears to be under the direction of an able board of managers. JOHN B. NEWMAN, President of the Faculty, is Professor of Mathematics and the Natural Sciences, MISS CAROLINE L. PIERSON, MRS. SARAH E. GRAY, MRS. REBECCA A. NEWMAN, and MISS EMILY SANFORD, are teachers in the different departments. Besides these, professors of Moral Science, Philosophy, Political Economy, the Languages, and Music, are employed.

"Popular courses of lectures are delivered by the several Professors, in connection with the text books on Botany, Geology, Physiology, Chemistry, &c. In addition to the apparatus now belonging to the Institution, a new and ingenious series of illustrations for the first three sciences is preparing, which is expected to be superior to anything of the kind in the country.

"The Twelfth Session of the Institution opens on the first Monday in November, and continues twenty weeks, recommencing after a recess of two weeks, and ending the first week in July.

"The Mineral Springs of Harrodsburg make it the principal watering place of the West. Dr. Graham's village for accommodating the summer visitors to his Springs fronts the southern portion of the Academy grounds."

THE AMERICAN JOURNAL OF INSANITY, published by the N. Y. State Lunatic Asylum, Utica.

The October number of this valuable Quarterly is received, and contains, if possible, more than its usual amount of interesting matter. Among other valuable papers is a Review of the Report of Hospitals for the insane in the different States, which gives at a glance the regulations, modes of treatment, numbers admitted and discharged, &c., &c., in the different institutions. We are glad to see that Dr. BECK has consented to edit the ensuing volume, and feel assured that under his direction it will not depreciate in value.

THE PATENT OFFICE REPORT FOR 1849.—Part 1. Arts and Manufacturers. Washington: Office of Printers to the Senate. 1850.

We have received a copy of this work from MR. EWANK, the Commissioner of Patents. It is neatly got up as respects the mechanical execution, presenting a favorable contrast with the very slovenly public printing done at Washington for a few years past.

We have in this volume a vast mass of valuable statistics relating to all the leading interests of the United States. Every branch of industry is covered, and so arranged as to be readily referred to by every one.

We think it would be a good investment for some enterprising publisher to put an edition of this to press, for general and universal circulation. We think every farmer and every mechanic should have a copy.

SECOND REPORT OF THE CHICAGO RETREAT FOR THE INSANE By EDWARD MEAD, M. D., Superintendent and Physician.

Will Dr. MEAD have the kindness to forward us a copy of this Report?—**WATER-CURE JOURNAL.**

VALA; A MYTHOLOGICAL TALE. By PARKE GODWIN. Putnam, Publisher; and Duggan, Walcott, Rositer, and Hicks, illustrators.

Such is the title of one of the most beautiful, the most interesting, and the most hopeful Tales that we ever perused. It will make happier those who read it, or hear it; a most charming present cannot be selected from amongst the Holiday Gift-Books.

OTHER BOOKS, which have been sent us, will be examined and noticed in forthcoming numbers; a want of time and room prevents at present.

NOTICES TO SUBSCRIBERS.

VOLUME ELEVEN OF THE WATER-CURE JOURNAL will commence on the first of January, 1851. The terms will be, for a single copy, \$1 00 a year in advance. In CLUBS, five copies for \$4 00, ten copies for \$7 00, and twenty copies will be furnished for \$10 00.

A FEW MOMENTS TIME is usually enough to convince every reasonable person of the great superiority of the water cure, system over that of all others; a complete knowledge of which may be obtained through the **WATER-CURE JOURNAL.**

FINALLY, it is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the **LIFE AND HEALTH PRINCIPLES** advocated and taught in the **WATER-CURE JOURNAL.**

THIS JOURNAL will be sent in clubs to different post offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

SPECIAL NOTICE.—All letters and other communications designed for the Journal, should be POST PAID, and directed to FOWLETS & WELLS, Clinton Hall, 131 Nassau street, New York.

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